

The Alumnae



FEBRUARY, 1946

Alumnae Associations, St. Luke's Hospital School of Nursing Officers and Members of Board of Directors 1946

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Alice Sanderson	Webster 2047	'29	1947
1518 S. Michigan Avenue, Chicago 5			
Dorothy Armstrong	Superior 4955	'37	1947
1100 N. Dearborn Street, Chicago 10			

Alumnae Pledge ★

An Assurance of Loyalty

With understanding of and the belief in the
 aims and purposes of the Alumnae Association of
 St. Luke's Hospital School of Nursing, I do sol-
 emnly affirm, that I will endeavor, by my daily
 life and service, to honor always the profession of
 which I am a member.

THE ALUMNAE

Official Organ of

The Alumnae Ass'n. of St. Luke's Hospital School of Nursing, Chicago, Ill.

Vol. LVI

Evanston, Ill., February, 1946

No. 12

GOD BLESS THE ROUTINE PEOPLE

God bless the routine people of the world:
The meek ones who inherit from the earth
What no one really wants, yet with their portion
Purchase from life the limit of its worth.
Those who play secret parts in the public play—
Drawers of curtains, shifters of the scene,
All money-raisers in all noble causes,
All human bolts in every big machine.
Chairmen of programs, scrubbers of public floors
By night that some may know the dawn's clear tread,
Sellers of poppies down the day-long street,
All water carriers at football games,
Embroiderers of flour sacks for church bazaars,
All brothers of a brother, and eyes that glow
For having helped another reach the stars.
The checkers-in and checkers-out of tickets,
The also-rans, the all who had no place,
And every sub-subchairman of subcommittees.
God bless them all, for by their unsung grace,
High moments poise upon a tip of time,
And over their sure tracks great wheels run free;
Without whose patient power each shaft of glory
Flooding our eyes might never, never be!

Isabelle Bryans Longfellow.

In this, the first issue of the Journal in 1946, we dedicate the above lines to all those faithful workers behind the scenes without whose tireless effort St. Luke's Hospital Alumnae would not continue to develop into the professional beacon it is her right to be—by your choice.

Entered as second class matter June 17, 1941 at the post office at Evanston, Illinois, under the Act of March 3, 1879. Issued five times a year in February, April, June, October and December, at 1033-35 University Pl., Evanston, Illinois. Subscription price 50 cents a year, or included in the annual dues to members.

ANNOUNCEMENTS

The date of the Alumnae banquet has been changed to May 25, 1946, because Commencement Week was changed. Keep May 25 open for a real reunion! At that time the 25 and 26 year graduates will be guests of honor. Because there was no banquet last year the then 25 year graduates could not be honored. As a special honor, the graduates of 50 years and over will be guests of the Alumnae at the banquet. This is the first year the 50 year graduates will have received recognition beyond their support and wisdom in the growth of the Alumnae Association. The banquet should be a very interesting and a very joyous occasion. Be sure to get your reservations in in time!

* * *

St. Luke's Alumnae is proud to announce that four St. Luke's nurses were elected to First District. They are:

Mary Everett — Secretary
Nancy Allen — 3rd Vice President
Rosellyn K. Millis — Board of Directors
Dorothy Armstrong — Board of Directors

Miss Marie G. Merrill, who is doing a splendid job on our History of Nursing book asks that those who send in interesting articles please mention dates on incidents. She says that material found in some of the back numbers of the Alumnae Journal make history but dates are not mentioned. I know you all will appreciate the need of being specific and will cooperate as much as possible. As time goes on there will be more and more historical material to be added to the book in the working at present.

The History of Nursing Book will cost \$2.50. It went to the publishers on February 15 and is promised for distribution by the date of the banquet, May 25.

The Institute for Officers of Alumnae Associations of the Chicago area at First District Headquarters is scheduled for February 16. Mrs. James Suthers will talk on Parliamentary Law in the morning and afternoon sessions. Miss Mary Bogardus, Pres. of the Illinois State Association will

explain about the \$2.00 raise in dues for 1946. Teas are scheduled at the close of the meeting.

* * *

The following letter was sent out from First District Ill. State Nurses Association on December 5, 1945, to the Alumnae Presidents of First District:

"An appeal has come to the American Nurses Association from the International Council of Nurses, stating the great need of nurses in Europe for uniforms and other equipment. This is an opportunity to demonstrate the good fellowship of nurses in such a very practical way that it is believed the nurses of your Association will welcome the opportunity to express their sympathy for nurses who have endured incredible hardships.

The National Nurses Association in Europe have sent in these specific requests:

Belgium — material for uniforms, brown or white shoes and stockings.

Denmark — 300 uniforms and 500 pairs of shoes.

Finland—5,750 nurses need "everything."

France — 25,000 nurses and 5,000 student nurses need "everything."

Norway — 3,400 nurses need "everything."

Russia—500,000 need "everything."

Yugoslavia — 1,000 uniforms.

The most important need at this time is for:

1. uniforms in good condition. They must be clean, with buttons provided. If material is sent, needles, thread, buttons, hooks and eyes must be included.
2. caps — flat, washable.
3. shoes — only shoes in good condition are acceptable for shipping.
4. stockings — sizes must be indicated.
5. capes — clean, wearable, with hooks and eyes.
6. watches — must be in good repair.
7. bandage scissors, fountain pens and pencils.

Please make this appeal known to graduate nurses in your Alumnae, to Directors of Schools of Nursing, and nursing organizations. This is an opportunity for us to help our colleagues who have carried on and who still are carrying on valiantly in war-devastated areas.

All material should be sent prepaid to:

Miss Wilkie Hughes, R.N., Chairman,
ANA Committee on Uniforms for
Nurses in War Areas

American Nurses Association
1790 Broadway,
New York 19, N.Y.

Very truly yours,
Frances L. A. Powell,
Secretary, First Dist. I.S.N.A."

At the January 2, 1946, meeting St. Luke's Alumnae Association voted to contribute \$1,000.00 toward this relief. Mrs. Rosellyn K. Millis wrote asking if the \$1,000 cash was preferable to definite articles of clothing of the same value and following is the reply Mrs. Millis received. It is dated January 11, and was written by Miss Wilkie Hughes.

"This will acknowledge receipt of your letter of January 4 in which you have indicated the action taken by the Alumnae Association of the St. Luke's Hospital School of Nursing. We have delayed acknowledging receipt of the report of this most wonderful contribution until we could clear with the International Council of Nurses regarding the best use to which the contribution might be put. Although one large shipment of clothing has been sent to Finland, and another will be sent to France, it appears that the nurses in Belgium are in great need. Since St. Luke's Hospital Alumnae Association has made such a generous contribution, we are wondering if you would wish to take over a project which would involve sending individual packages to nurses in Belgium. Packages of 11 pounds may be accepted for Belgium. There are certain postoffice requirements which must be met in order to send duplicate packages. This information could be secured from the postoffice in Chicago. Such packages might contain shoes, rubbers, underwear (new underwear

should be washed), pieces of new material in four yard lengths, together with the following items: soap, up to the value of \$1.00, non-perishable food stuffs, tea, coffee, etc. If you believe that the St. Luke's Alumnae Association would wish to accept this project, we shall see that a list of names is sent to you at once."

A committee consisting of Miss Hettie Gooch, chairman, Misses Emma Werner and Alice Sanderson, was appointed to investigate the sending of individual packages to nurses in Belgium. Miss Gooch contacted personal shopping service at Marshall Field and Company. They stated they would make up the packages and pay the postage without any charge to us. The cost to us would be only for the material or articles in the 11 pound packages. The committee will contact more shopping services and report the results.

Editor's note: Until we can give you more detailed information about this project, if we take it on, please do not discard any old clothing, shoes, etc. that you may have that the nurses in Belgium may be able to use. We will tell you later where to send such items so they may all go out under the name of St. Luke's Alumnae Association.

REASONS FOR \$2.00 INCREASE IN ACTIVE ALUMNAE MEMBERSHIP DUES

Action at State Convention in Peoria, October 20, 1945

1. To establish a state professional counseling emplacement service which is a branch of the Central Office, whose headquarters are at ANA. This service offers placement of nurses in positions free of charge and offers counseling to any nurse who may wish advice on positions, or educational qualifications necessary for positions either in Illinois or other states, and she may be so advised at no cost to her. Many returning service nurses have already taken advantage of this counseling. Illinois headquarters office is at 8 S. Michigan Ave., and replaces the former Placement Bureau which has been dissolved.

2. To institute standards of personnel policies and practices for nurses.

(Continued on page 12)

MARCH OF TIME

1899

Adda Eldredge Sr. writes: "Am enjoying myself here at Tarpon Springs, Fla. — but for a bad cold. Shall be here until early April and go back to Pittsburgh. It was 80 degrees here today (January 31) but is cool tonight. Left Marquette the last of October and spent 10 days with Miss McConnell. Success to the 'Alumnae' both the Association and the magazine."

1895

Miss Julia Dawson writes from Toronto: "Some day I hope to be in Chicago again and to look up all of my old friends and visit dear St. Luke's once more. My warmest good wishes to the members of the Alumnae."

1896

Jessie Lawrie's friends were glad to welcome her back to Chicago in January after a short trip out of town.

1901

We hope Mrs. Grace Critchell Tracy has completely recovered from her recent illness.

1906

Miss Maud Gooch relieved in the First Aid Room at St. Luke's Hospital for two weeks recently. For first aid — she certainly managed to get into everything from minor first aid to major surgery. However, Miss Gooch enjoyed it all the way through.

1932

Cynthia M. Hennessy writes: "I have been at home caring for my father since November 27 and just returned the last week of January. I certainly enjoy receiving the news during the year as I have lost contact with so many girls in my class. At present I am Assistant Chief Nurse and plan to continue my Psychiatric Nursing here at Lyons, N. J. We are caring for veterans of both wars and we have around 2000 patients, so it is quite a big order."

1933

Lt. Mary Stone has just recently come back from the European Theatre of Operations. She accumulated "leave" time and is taking it now. She

expects to be released from the Service in about a month. No plans are made, as yet, for the working future. Mary says: "I thank God to be back where one can be warm, wear good clothes, good shoes, be in well furnished surroundings, and have a tummy full of good food."

1919

Mrs. Leona B. Fitzmaurice is happy to have her son, Jack, back in "civvies." He is to get his degree in August and will study law. Doesn't know just what he will do after that.

1925

Mrs. Fern Richardson Nicholson writes from Sheldon, Ill.: "I enjoy the Alumnae so much. Even if I do live on a farm, I manage to help out on general duty once in a while and do 8 hour special the same way."

1927

Ethel Anderson writes from Traverse City, Mich.: "I am sending you \$5.00 for the Blue Cross Guild, Mrs. Travers. Hope it isn't asking too much for you to take care of it for me. The Blue Cross Guild is one thing I can't forget even though I don't know all the details. As I have said before, it did more for me than I can ever repay. Thanks so much."

1929

Erma E. Mathis is being welcomed back into civilian life with an honorable discharge from the Army Nurse Corps.

1930

Pearl Wittmack and Ida Gindele, Class of 1937, are enjoying a three week's vacation in St. Petersburg, Fla.

1931

Dallas Graham Baynton returned last November from the European Theatre of Operations and has been visiting Pearl Wittmack in Chicago. She is going on to Bradford, Pa. to visit Helen Franz Wilson. Dal was a Captain in the Army Services.

Joanne Moreland Pryde is the mother of three lovely boys. The Prydes are building their own beautiful home just outside of Albuquerque, N. Mex.

1933

Amanda Griffith, has been honorably discharged from the Army Nurse Corps and is back with the Harvester Company.

1940

Mrs. Marguerite Saxe Eggleston writes: "We are now out of the army and permanently settled in Ben Lomand, Cal. Have not been able to get a postoffice box so general delivery has to do. Have not been getting the Journal. Hope to have better luck this year as it would be of considerable interest to know what is doing."

1934

From Seoul, Korea, Georgiana Kelly writes to Miss McConnell: "We left Okinawa October 14. Had a very good trip in a C-47. We stopped in Kenoya, Japan, overnight and arrived in Korea the next afternoon. We flew over Nagasaki, Japan, the village that was completely destroyed by the atomic bomb. We flew 300 feet above the town so we really took a good look. One would never believe that two atomic bombs could completely demolish that size town. We are with the 29th General Hospital in Seoul, Korea. Seoul is the capitol of Korea, population over a million. Gen. John R. Hodge is in command of the U.S. Army forces in Korea. Korean people are very gracious and like us here; however, they are a quaint race. They were dominated for such a long time by the Japanese that they never had an opportunity to aid their nation's development. Japan realized the value of education here; however, it was a kind of teaching designed to drive from the minds of Koreans any understanding of their own cultural heritage. From the very first day a child entered school, he was steeped in Japanese and isolated from Korean culture. Under these conditions, our Military Government Bureau of Education began the difficult job of organizing a Korean school system. First steps had to be taken, discontinuing Japanese language, and secondly, dismissed all Japanese instructors and pupils. All textbooks had to be discarded and records combed to find Korean teachers. Many of them responded, for them it meant an opportunity and it also marked the first time that they had an equal chance to

advance. Under the Japs, very few ever became principals. Solution of the textbook problem was somewhat more difficult. They had to start from scratch — a tremendous problem involved — Korean scholars were hired and although they probably could have found more lucrative positions, they willingly cooperated. First text was a Korean language book that primary school children could use. It will be ready soon from what I hear and an appropriate ceremony has been planned to commemorate the historic day when the first copy rolls off the press. To facilitate the work, old English text books are being used. A supply of American books has been ordered and upon arrival translation will begin. Despite the shortage, teachers have written up their own aids. Students are taught from blackboards and all gladly cooperate. They haven't forgotten the days when Japanese was the only language permitted here and they hate them with a passion. The schools before the Military Government took over were more like military academies. Children were forbidden to engage in athletics other than military drill. Now our government established an extensive athletic program and already some G.I.'s have volunteered their services as coaches.

E.T.O. is not the only theatre which offers palaces and castles. Korea has magnificent ones, of a kind that is equalled nowhere in the world except in China, I hear. Fortunately, Korea's finest palaces are in the city of Seoul. The grounds of Chong-dak palace are breath-taking, cover many acres of woodland, pine groves, lawns, little hills, secret gardens, etc. A princess dowager of the Yi dynasty still resides there. I could almost write a book, so perhaps I better stop now and after the advent of my arrival I will tell you more. Quest for the unusual would be ratified here, I'm sure. My best to you."

1937

Mrs. Peter Theobald, Dayl Huston, is happy to have her husband back from the E.T.O. where he served as a captain in the medical corps. They have three little girls, the youngest, Rosemary, is 7 months old. They live in Oconomowoc, Wis.

1939

Lt. Margaret Rieber Cooper writes: "I want to express my appreciation of the wonderful Christmas package of food you sent me. It means a lot to know that you are all so thoughtful and kind and will make my Christmas here on Okinawa much more enjoyable. That is, if the other nurses of the 87th and I can keep from eating it until then. Our hospital here is closing in a few weeks and I expect to be in Chicago in February. Hope to see you all then."

1944

Lt. Betty Borchardt's mother kind-

ly sent in a note of news. She says: "We received word from Betty on December 23rd that she is now stationed in Kyoto, Japan, with the 364th Station Hospital, at work at last after being idle since August 3rd when she landed on Tinian in the Marianas. She is very happy to have some nursing to do at last. Doesn't it seem a shame that so many nurses (several complete units) were forced to lay around idle for so long, waiting on the Army to decide where to send them — and nurses so badly needed here in the States?"

In Memoriam

The St. Luke's Alumnae Association extends sincerest sympathy to Dr. E. L. Jenkinson in the death of his wife, Margaret Parkinson, Class of 1914. Mrs. Jenkinson served in the St. Luke's Unit during World War I. She has one daughter, Carol, who is married to a lieutenant in the Army Medical Corps.

The St. Luke's Alumnae Association extends sincerest sympathy to Mrs. Stanley Levander, Eunice Hawke, Class of 1938, in the death of her father who died suddenly from a heart attack at Gaastra, Michigan.

The St. Luke's Alumnae Association extends sincerest sympathy to Mrs. Wm. Rider, formerly Florence Yellowlees, Class of 1908, in the death of her sister at Toronto, Canada.

The St. Luke's Hospital Alumnae Association extends sincerest sympathy to Ann Knight, Class of 1926, in the death of her mother, Mrs. Katherine Jane Knight, 71 years of age, on January 24, 1946, at St. Savior's Annex after an extended illness. Ann Knight is serving in the Navy.

Powder for Athletic's Foot

The Navy's Bureau of Medicine and Surgery has developed a new treatment for athlete's foot — disabling in the Navy as well as elsewhere. The active ingredient is undecylenic acid, 2 per cent, and a zinc salt, zinc undecylenate, which are fixed in ordinary talc. The powder is dusted onto the affected areas. In tests involving some 5,600 men, athlete's foot developed in 28 per cent who used no preventive measures, but in only 4 per cent of those who dusted with the powder. An ointment form of higher potency has also been developed for use in treating more advanced infections.

Vaccines

Vaccines for prevention of whooping cough were eliminated from New and Non-Official Remedies in 1931 because convincing evidence of their value was not presented. Since then, however, notable advances have been made, and with the preparations now in use significant protection can be conferred against whooping cough, measured both by reduction in expected frequency of attack, and by minimizing severity of the disease when contracted. Better practice now is to give babies three injections of the vaccine when they are about six months old.

Boners by Pre-medics

Some vitamins prevent beri, beri, some prevent scurvy scurvy.

Glycerine is a vicious liquid miserable in water in all proportions.

A permanent set of teeth consists of eight canines, eight cuspids, two molars and eight cuspidors.

Digestion is carried on in the stomach by acid of acrobatic juices.

To prevent head colds use an agonizer until it drops into your throat.

Tobacco lowers the mentality of the heart.

Natural immunity is being able to catch a disease without the aid of a physician.

The spinal column is a collection of bones running up and down your back and keeps you from being legs clean up to your neck.

The organs of respiration are the nose, the pynx, the larynx, the treacher, the brunk and the wind bag.

* * *

In the laboratory we think that geologists overestimated by about 5 per cent the times when rocks were being laid down in water and similarly underestimate the times when rocks were on dry land being eroded by weather. This method of time reckoning reveals the future of the world quite as well as it shows the past. Some of the findings hit us with a jolt. For instance we behold that far from ending, the Pleistocene Ice Age is just beginning. Mankind is going to have to face a hundred million years of wintry weather, and after that the world will turn as hot and steamy as it was in the Age of Coal. How humanity will come through this long icy period we cannot say, but it seems reasonable to think that the human mind will do considerable developing before this period of icy stress is over.

New Citizens Congratulations

Mr. and Mrs. William Mikel Kouri (Leona Jahnsen, Class 1944) are the proud parents of a son, William Mikel, born February 2, 1946, weight 6 pounds 10 ounces.

To Save Yourself from Sorrow

What Edward A. Kimball wrote away back in 1899 is as true today as it was then—and will be true through all the years of the future:

"If you would save yourself unspeakable sorrow and pain, stop hating thy brother; strive at all hazards to banish from your mind and character resentment, wrath and bitterness; learn to love, be kind, merciful and forgiving. Love will transform you, beautify you, ennoble you, and place upon your existence the seal of a splendid manhood."

Just as you are responsible for the visitors you allow into your home, so you are responsible in even greater degree for the thoughts you allow to find lodgement in your mind. If you realized that what you think is almost sure to be externalized, to take form in your body or outside it, only positive thoughts would ever receive a welcome. — Thomas Dreier.

Side Lights on Health

Only one person has ever been known to die of fallen arches — that was Samson when he pushed down the pillars of that Philistine house.

A sense of humor is a blessing to him that has it, and a mental disease in the opinion of those who haven't.

The person who fails to grow gentler has no right to grow older.

Nature must enjoy many hours of pitying amusement watching the inevitable results of our attempts to outwit her.

Many people live "as long as they please," and some of them a whale of a while after they quite pleasing anybody but themselves.

Discipline and castor oil may both be good for us, but that fact has never endeared either one of them to us.

Indignant woman to luscious-looking librarian: "Funny you haven't that book. My husband said you had everything." — Raemer Keller

The Atomic Bomb According to Scripture

"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not anything made that was made."

John 1:1-3.

God reached down the hand of His omnipotence in to the abyss of nothingness and threw it out into nowhere and NOTHING became SOMETHING. That SOMETHING was the **first atomic bomb!** The earth on which we live is approximately 25,000 miles in circumference and 8,000 miles in diameter. It is formed like a hollow ball with an outer crust and a core which is liquid, consisting of molten elements, seething and boiling in the heart of the earth. The thickness of this crust or shell is variously estimated, and varies in different parts of the earth but science tells us that the crust compares in thickness or depth with its super-heated liquid content as the shell of an egg compares with its viscous interior. On this outer solid crust man lives, builds his homes, and carries on his warfare and shakes his fist in the face of the Creator while he walks on a boiling, seething fire pot which God Himself has made. We are told that the temperature in the core of the earth reaches unbelievable degrees. In some places of the earth's crust the molten, super-heated elements are near the surface and the pressure becomes so great that suddenly a piece of the crust blows away, usually at some mountain whose roots reach into the caldron of fire and millions of tons of rock and earth are blown away, shooting flames hundreds of feet into the air, emitting a stream of glowing, burning lava down the mountain side; for miles and miles inundating whole cities and causing tens of thousands to perish in the river of fire. All this is but history. Suddenly a great part of the earth reels with the internal explosion, the earth trembles and cracks wide open; rocks are hurled into the air and the ash from the spewing volcano drifts for a thousand miles to be deposited upon some ship in the middle of the ocean, while the tidal wave caused by

the upheaval on the ocean floor laps waves of twenty feet high on shores a thousand miles distant from the explosion.

Astronomers tell us that in the past few hundred years, dozens of worlds have burned up before the very eyes of scientists. Worlds that once traveled their majestic way through the heaven suddenly exploded and disappeared without a trace, and all over this old earth are these volcanos, hot springs, and rivers and spouting geysers of steam to remind us that inside of the old earth is a **sea of fire.**

Three heavens are mentioned in scripture — the Atmospheric Heaven, the Planetary or Starry Heaven and, beyond that, the Heaven of Heavens where God dwells. Science tells us that the atmospheric heaven — or air about the world is composed of several gaseous elements, but the two predominating ones are NITROGEN and OXYGEN. These two gases are two of the most combustible gases in existence. Oxygen is the one basic necessity for all combustion. In fact burning is merely the oxidation of matter. Without oxygen there can be no combustion. Whether in the slow combustion of metabolism in our bodies or the immediate violent combustion of gas in a motor's cylinder, or in a bomb, it is oxidation which is needed. When you want more heat you open the draft of the stove and you admit more oxygen and speed up combustion. The air about us is composed largely of this combustible gas. The other element in air is nitrogen the basic element in most of our high explosives such as dynamite and T.N.T. The very word Nitroglycerin tells its own story. Besides these two highly combustible gases, there is a great amount of water in the atmosphere. Water consists of oxygen and hydrogen. Hydrogen is the highly explosive gas once used for inflating dirigibles but because of its combustibility it has been replaced by less combustible gases. Think of the air you breathe! If only the right combinations and conditions are brought together, every one of them is combustible. One is almost afraid to breathe lest one should suddenly blow up.

Now listen to what is said in Isaiah 13:9, 10, 11, 13.

"Behold, the day of the Lord cometh, cruel both with wrath and fierce anger to lay the land desolate; and He shall destroy the sinners thereof out of it.

For the stars of heaven and the constellations thereof shall not give their light; the sun shall be darkened in his going forth, and the moon shall not cause her light to shine. And I will punish the world for their evil, and the wicked for their iniquity; and I will cause the arrogancy of the proud to cease, and will lay low the haughtiness of the terrible.

Therefore I will **shake the heavens** and the **earth shall remove out of her place**, in the wrath of the Lord of hosts, and in the day of his fierce anger."

You may ask: "Well, why don't we all blow up?" The God who made this earth still controls it — no matter what some people teach to the contrary. All will come to pass in the time of His will.

Read 2 Peter 3.

"Knowing this first, that there shall come in the last days scoffers, walking after their own lusts and saying, Where is the promise of His (Jesus) coming? for since our fathers fell asleep, all things continue as they were from the beginning of creation.

For this they are willingly ignorant of, that by the **WORD OF GOD** the heavens were of old, and the earth standing out of the water and in the water;

Whereby the earth that then was, being overflowed with water, perished.

But the heavens and the earth, which are now, by the same **WORD** are **kept in store, reserved unto FIRE** against the day of judgment and perdition of ungodly men.

But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day.

The Lord is not slack concerning His promise, as some men count slackness; but is longsuffering to usward, not willing that any should perish, but that all should come to repentance."

There is a curse on the earth. God said to Adam, "cursed be the ground for thy sake." Jesus died to remove the curse, not only from men but from the earth as well and in eternity God's saints shall live in unbroken, perfect peace and bliss in deathless, painless, sinless bodies upon a deathless, sinless, perfect, holy earth which has been purified by fire. Do you see why the earth has not yet been destroyed? God will not permit that to happen until He is ready for the earth's purification, after which, according to scripture, will be formed a "new earth and a new heaven." That will not happen until a few more of God's plans have taken place; namely: 1. The Translation of the Church, the appearance of the Anti-Christ, world federation, religious federation, the Great Tribulation and the Millenium.

— Condensed from "The Atomic Bomb in Scripture" by Dr. M. R. DeHaan.

Foods to Charm in Wedding Customs

Food has always played an important part in matrimony — from the start to finish.

The Westphalian version of the brush-off is "turnips to you." It simply calls for handing the unwanted man a plate of turnips.

In ancient Rome, the bride was hit on the head with a wedding cake. In this way she was showered with wheat — the Roman symbol of fertility. It also broke the cake into enough pieces to give each guest a luck charm.

The Javanese conclude the nuptials with an egg. To show that she recognizes her husband as master, the bride steps on an egg, falls to her knees and washes the bridegroom's feet with the yolk.

Food is grounds for divorce even in America. A Boston housewife decided life with her spouse was unbearable because he insisted upon sprinkling sugar and cinnamon on Spaghetti. A New Jersey husband asked to be freed from a wife who had placed him on a never-changing daily diet of canned tomato soup.

Ida M. Pardue

Are You Superstitious

A pillow feather which tickles you, a sharp odor, or a feeling of thirst or hunger during sleep can be among the simple causes of terrifying dreams which superstitious folk often regard as omens. If you are thirsty, you may dream of dying on a desert. If you are hungry, you may dream of starvation. One psychologist reports an experiment in which the sleeping subject, tickled on the nose with a feather, dreamed of having the skin torn off his face. An uncomfortable sleeping posture may evoke a dream of being tortured. If your nose is clogged, or if you use a blanket that's too heavy, you may dream of suffocation. The smell of incense may make you dream of being spirited away to the Orient. You are less likely to be bothered by bad dreams if you follow a sensible diet, live simply and moderately and have comfortable sleeping quarters. Frequent nightmares, however, may indicate a state of severe mental conflict. In such cases, it is wise to consult a doctor.

Lemons as Chinese Stomach Remedy

Lemons were used as breath-sweeteners and stomach-soothers in ancient China as far back as the 13th Century, when one of the popular songs was written in praise of hot lemonade! In the 17th Century, Wu Chen-fang, Chinese geographer, wrote about lemons: "The fruit resembles the orange, but is sour . . . It improves the breath and is grateful to the stomach. Women, who during time of pregnancy feel uneasy, will be comfortable after eating this fruit." Then, too, lemonade was in vogue, for the same authority adds: "It is prepared in the form of a liquid sweet or sour, that dispels the heat and that is styled 'thirst allaying water'."

Percy Bysshe Shelley, the English poet, was a confirmed vegetarian. Bread was his great food. He could often be seen in the street with a loaf of bread under his arm, tearing off pieces and eating them as he walked.

Silver Before Gold

While the faith of one man may cure the man, it cannot be expected to cure all men. Christ, as the Bible teaches us, suffered for the weaknesses of other men. So, to some extent, each of us must suffer for these weaknesses. Your faith can make your life better but it cannot make your life as good as it could be if everyone else had the same faith. There will be times when you must bear the brunt of someone else's mistake but if you were looking for gold, you would not disdain to pick up silver. If you are looking for a better life, you will not turn it aside because you cannot find the perfect life. Faith is the world cure but you cannot make the world take it. Faith is your cure. You can take it. Be satisfied to the degree that you can make it work for you. Be content when you have used it to do all the good you can do and to receive all the good you can receive. No one can do more than his best. No one can receive more than he is capable of receiving. The most you can do for yourself is the most you can do for the world. When everyone in it is as good and happy as he can be, the world will know peace and security. Meanwhile, you can have them for yourself. The answer lies in one word. The word is GOD.

While on my way home by subway one evening, I was approached by a naval officer who said: "Pardon me, miss, but I think you'll be interested in what I have to show you." In his hand was the September issue of the Reader's Digest. Rather uneasily I looked at the title to which he pointed — then understood why he had singled me out. This is what I read: "Pardon, but your slip is showing."

— Marie Kolar

Radio announcer: "Tune in again next week — same station, same time, same jokes!"

— Mischa Richter

Young girl at perfume counter, after looking at My Sin, Breathless, and other lurid names: "Have you anything for a beginner?" — Von Riegen

Rich Man: One who isn't afraid to ask the clerk to show him something cheaper.

X-Rays Aren't That Wonderful

Some weird and wonderful ideas about X-rays "that can see through anything" were current around the turn of the century when news of Roentgen's discovery excited the public, and alarmed some squeamish portions of it. A jittery New Jersey assemblyman, on February 19, 1906, introduced a bill into the House at Trenton "prohibiting the use of x-rays in opera glasses at theaters."

Super Penicillin

Penicillin isn't just penicillin. A number of varieties are emerging as scientists learn more about the drug. Some varieties are much more potent than others. And it is quite possible that by chemical manipulation, penicillin in general can be considerably increased in potency and hence in curative value. One such "artificial" variety is benzyl penicillin, made by putting free penicillin through a chemical process. It is now being tested on a large scale, although it is not yet available for general use. Benzyl penicillin, when taken by mouth, is about five times as powerful as sodium penicillin (the most commonly used form). When injected, benzyl penicillin is about three times more powerful, according to data thus far obtained.

Surgical Nurse

She moves in white . . .
Mystic, shadowless in the clear light
Of the operating room.
Among the shining needles,
The curved forceps,
The unsheathed knives,
In all that enchanted forest
Of clean cut steel
And silvered sharpness,
Her fingers
Are softly, and delicately . . . at home.
— Florence Layton Rumry.

DON'T THINK TOO MUCH

"A centipede was happy quite
Until a toad in fun
Said, "Pray which leg comes after
which?"

This raised her mind to such a pitch,
She lay distracted in a ditch,
Considering how to run.

One Summer evening when a friend and I were out for a walk, we passed the city orphanage. A little redheaded boy about four years old called out to us, "Hello, Daddy." Dumfounded, we looked at each other, then at the child, who added resignedly: "It doesn't hurt none to try, does it?" We both laughed and walked on, but somehow I couldn't forget that little redhead. A few weeks later I visited my friend and his wife, and discovered I wasn't the only one affected by the youngster's diplomacy. Playing in the yard was a new member of the family — the small boy who'd found out how true it is that it doesn't hurt to try.

— Sgt. Roy O. Worrell

A well-known general, returned from the war, was accosted by a begger who claimed to be an old soldier. "Old soldier, eh?" barked the general. "Well, prove it." "Tenshun. Eyes right, eyes front. Now, what comes next?" "Present alms" was the instant rejoinder.

A professor of Greek tore his suit and took it to a tailor named Acidopolus, from Athens. Mr. Acidopolus examined the suit and asked, "Euripides?" "Yes," said the professor, "Euripides?"

At the Memphis ATC base, a dentist in the Army Clinic told his patient: "I'm trying to get used to civilian practice again, so if I hurt you, let me know."

Capt. Samuel Kurtzman

Soldier to bookstore clerk: "Do you have anything on the psychological treatment of civilians by returned service men?" — James Gibson.

Coronary Thrombosis

Smoking is incriminated as a possible factor in causing coronary thrombosis, according to a study recently reported by Dr. W. J. McCormick of Toronto. This type of heart disease affects the coronary vessels and accounts for a large proportion of increase in deaths from heart afflictions. Dr. McCormick sent questionnaires to survivors of 269 middle-aged males who died suddenly in the Toronto District; 151 cases were found to have had definite diagnosis of coronary thrombosis. Of these, 142, or 94 per cent, were tobacco smokers, and 55 per cent were also users of alcohol. Average age at death of heavy smokers was 47 years, of light and moderate smokers, 58½ years. Among alcohol users, average age at death was 47½ years, teetotalers, 58 years. In heart deaths, other than coronary thrombosis only 66 per cent were smokers. Dr. McCormick's figures show "definite correlation of the life span and the degree of tobacco and alcohol addiction."

Possible reasons why smoking can contribute to coronary thrombosis, as suggested by the study, are increased coagulability of the blood that may contribute to development of thrombi, and indirect effects of tobacco and narcotics upon nutritional status, as in vitamin depletion. On the whole, in the coronary thrombosis deaths, there was a marked tendency to deficiency of B and C vitamins; victims were predominantly white bread users and low in their intake of fresh fruits, salads, and milk. Also, the typical victim was physically active and athletically inclined until onset of illness curtailed activities.

Sickness has always been with us but it is the fear of it that makes many people sick. The interviewer asked the old farmer, "To what do you attribute your remarkable health?" The farmer reflected. "Well," he replied, "I reckon I got a good start on most people by bein' born before germs was discovered—thereby havin' less to worry about."

DDT Dangers

Although DDT is lethal to many insects, its potential dangers to human beings are very slight, according to its discoverer, Dr. Paul Muller. The skin of insects contains a layer of fatty cells into which DDT is dissolved, and it then attacks the nervous system. The skin of man and other warm-blooded animals does not contain such a layer and the danger of human poisoning is thus quite remote. If a large quantity of DDT were swallowed, or mixed with slowly evaporating carriers such as oils so that contact is maintained with the skin for a long time, reactions could follow. The powder form of DDT should be kept inaccessible to children and be conspicuously labeled, for it might be mistaken for flour or similar foods.

Reinfusion of Red Blood Cells

The possibility that blood donors may be enabled to give their blood more frequently is indicated in a recent preliminary report on the reinfusion into donors of the red blood cells that are left after the plasma has been separated from the blood. Co Tui and A. M. Wright, New York, F. C. Bartter, Brooklyn, and R. B. Holt, Washington, D. C., say that the new technic offers the possibility of increasing the frequency of blood donations to the point where the entire plasma requirements of the armed forces might be obtained from a vastly smaller number of persons than is now possible under the system of eight week interval between donations.

Continued from page 3)

3. To serve as sole representative for its membership in personnel policies and practices.

4. To act as mediator when desirable in cases where differences occur with employers. This action will require a ratification from 51 per cent of the membership, so please send in your vote when it is requested from you by the State. All of these worthwhile activities will cost money, but will be of inestimable value to every nurse.

Mary Everett,
Sec'y. First District

TO THE CLASS OF 1949!

The new class of 30 prospective nurses has been enrolled at St. Luke's Hospital School of Nursing. They seem to be a fine group of girls and we hope all stay to become graduate, registered nurses and Alumnae members. The Pre-Clinical Period is a "grind" but it is the student nurse's foundation to her career. It is a testing period to find out the stamina of each student, her adaptability to nursing life, hospital environment, ability to coordinate theory with practice, assume responsibility and to develop intelligent initiative, and follow orders correctly.

We welcome the new Class of 1949. We sympathize with you in your moments of despair, dread of exams, fear of not "making the grade" and rebellion to discipline necessary in a great institution like St. Luke's Hospital School of Nursing. We give you encouragement to keep going when the road seems rough. We have been through it and we know that no road that is worth climbing can easily be trod! When you will have finished your three years of study and work, we shall rejoice with you when you so proudly march up the aisle at St. James Church to receive that hard-earned and cherished diploma and Hospital pin. Good luck to you—STUDENT NURSES!

OPEN LETTER TO THE ALUMNAE

Jessie Lawrie writes: "I am writing this little note to let you know that I am leaving the City about February 15. I have rented my apartment to a young couple for six months and am going out to Sterling, Illinois, to live with a brother.

It is with deep regret that I am leaving you *all*—for, after forty years, it is hard to make the change. I love St. Luke's and my Alumnae and each member of it. There is a great bond between us and I am going to miss all of you. I am not so far away but I'll be coming in often. I shall love the Summer in the country and am going to have a flower garden. If any of you are driving anywhere near Sterling, look me up. My address will be

304 - 12th Avenue, Sterling, Illinois.

The best of luck to our wonderful Alumnae. Love to you."

TO OUR OWN "ANNIE LAWRIE"

Your letter came as a shock to us and it is with regret that we read of your leaving the City and the activity of the Alumnae Association. We are going to miss you more than you can know—your cheery word, your smile, your willingness to be of service whenever and wherever possible. However, we know that you need a rest and that is all we are calling this departure from among us—a restation—not a retirement—and we hope we all will be able to say "hello" to you on your frequent or infrequent visits to the City. The mention of a garden next Summer gives us a great idea—We think it should be a Memory Garden and that each of your friends should send flower slips, seeds, plants, or something to symbolize your friendship with them. A card, sealed in a covering of some kind to protect it from all kinds of weather, should be attached to each plant with the name of the giver and some word of greeting or remembrance to you. Then when we do come up to Sterling to have a party with you, we shall enjoy seeing your garden in full bloom. Our love and best wishes for renewed health and strength go with you, our own "Annie Laurie".

Your Health Quiz

by Harry Johnson

1. Which contains more calories, a glass of buttermilk or the same size glass of whole milk?
2. Can the normal person see ultraviolet light rays?
3. Do truly blue-eyed people have blue pigment in the iris or colored portion of the eye?
4. Is rheumatic fever more common in children and adolescents or in adults?
5. For affections of what organ is the drug digitalis most usually given?
6. Which of these diseases is treated by insulin—diabetes mellitus or diabetes insipidus?
7. Are albinos ever born among Negroes?
8. Is typhus fever just another name for typhoid fever?
9. What is the everyday name for the science of Roentgenography?
10. Is a moribund person one who is dead, dying, or constipated?
11. At approximately what age is whooping cough a disease of high fatality?
12. Do men suffer from a condition comparable to the climacteric or change of life in women?
13. Are vaccines of any value in preventing influenza in those persons exposed to this disease?
14. Is there great danger of a spread of malaria in this country owing to returning soldiers from malarial countries?
15. Is the tobacco ash from cigarettes dangerous if it contaminates food?
16. Do vitamins provide any calories (heat-energy units)?
17. Is high blood pressure more common in the overweight or the underweight?
18. Does sunlight destroy any of the vitamins in milk?
19. What is wrong with the phrase "preventative medicine"?
20. If you are prone, are you lying face down or on your back?
21. Is milk of magnesia classified as a mild or a drastic laxative?
22. If white spots in your fingernails don't really mean that you tell fibs, what do they indicate?
23. Is the quantity of fluid excreted by your kidneys a measure of their efficiency?
24. What are the colors of the only two pigments that are found in human hair?
25. Is horse meat unsafe for human consumption?
26. When a person contracts lockjaw from a perforating injury by a rusty nail, is it the rust that causes the disease?
27. Is boric acid an entirely harmless substance?
28. Are men or women more likely to commit suicide because of ill health?
29. Can babies absorb nicotine from the milk of nursing mothers who smoke?
30. Is it true that the proportion of births of boy babies increases during wartime and immediately thereafter?
31. Does ability to look a person straight in the eyes indicate honesty?
32. Do women who are heavier to start with tend to bear heavier babies than lighter women?
33. Marie Sklodowska, who made a discovery important to medicine, is better known under what name?
34. Can pregnancy occur if a woman has a fibroid (non-malignant tumor) of the uterus?
35. Is your body temperature the same at all times during the day?
36. Are adults likely to do more snoring than children?
37. Can blood transfusions be given by any other means than into blood vessels?
38. Is tuberculosis, which often runs in families, a hereditary disease?
39. Can pyorrhea be cured?
40. Does your hair grow faster in the daytime or at night?
41. What is the location of the organ that gives you your sense of equilibrium?
42. With what type of patients does the specialty of geriatrics deal?
43. Is it safe to stare at the sun when you are wearing dark glasses?
44. Do the red corpuscles in your blood increase or decrease in number when you live at a high altitude?
45. What kind of health worker is designated by the initials R.N.?

(Answers on page 16)

Announcements

Mrs. Lillian Gustafson Haines, class of 1931, is ill with tuberculosis and is in the Naperville Sanitarium, Naperville, Illinois. We know that mail means a lot to sick people and those of you who remember Lillian will want to write to her. She has been in the Sanitarium for the past six months but it has just come to our attention.

Deaths in Each of the "Seven Ages of Man"

Number of Deaths in Each Age Group in the United States in 1940

The Infant (Under 1 Year)

Premature birth	32,346
Influenza and pneumonia	17,577
Congenital malformations	11,038
Injury at birth	10,506
Diarrhea, enteritis, etc.	8,222

The Preschool Child (1-4 Years)

Influenza and pneumonia	5,328
Diarrhea, enteritis, etc	2,572
Motor vehicle accidents	1,056
Tuberculosis	1,047
Congenital malformations	880

The School Child (5-14 years)

Motor vehicle accidents	2,584
Influenza and pneumonia	2,021
Heart diseases	1,792
Appendicitis	1,789
Tuberculosis	1,244

The Youth (15 to 24 Years)

Tuberculosis	9,127
Motor vehicle accidents	6,846
Heart diseases	3,340
Childbirth and pregnancy	2,914
Influenza and pneumonia	2,744

The Adult (25-44 Years)

Heart diseases	23,142
Tuberculosis	22,904
Cancer	14,894
Motor vehicle accidents	9,362
Influenza and pneumonia	8,898

The Middle Aged (45 to 64 Years)

Heart diseases	118,789
Cancer	65,251
Stroke (apoplexy)	34,769
Kidney disease (nephritis)	30,102
Influenza and pneumonia	18,478

The Aged (over 65 Years)

Heart diseases	237,114
Stroke (apoplexy)	78,752
Cancer	75,607
Kidney disease (nephritis)	66,566
Influenza and pneumonia	37,354

According to a study conducted by the Extension Service of Texas A. and M. College, traits such as resentment of criticism, and inability to work with others, comprising an attitude of non-cooperativeness, are three times more likely to cause loss of a job than lack of skill.

Answers to "Your Health Quiz"

1. Whole milk contains more than twice as many calories as buttermilk. 2. Ultraviolet is invisible to the normal eye; removal of the eye lens, as in a cataract, increases ability to see ultraviolet, and color-blind people are said to possess this ability. 3. Truly blue-eyed people have no pigment in the iris whatsoever. 4. Children and adolescents. 5. The heart. 6. Diabetes mellitus. 7. Yes, ablinos are born occasionally among all racial groups. 8. No, they are two distinct diseases—typhus is louse-borne, typhoid usually comes from ingestion of sewage-contaminated food or drink. 9. X rays, or radiology. 10. Dying. 11. Under one year. 12. Yes, although they are less likely to show severe symptoms. 13. Yes, the Army is using a new vaccine shown to reduce flu attacks by 75 per cent in exposed personnel. 14. The Office of the Surgeon General says fears of a malaria epidemic spread by returning soldiers are entirely unfounded. 15. No, the ash is not dangerous, but partly burned tobacco, containing nicotine, can be. 16. None whatever. 17. Overweight. 18. Yes, sunshine quickly destroys Vitamin C and Vitamin B₂ in milk. 19. "Preventative" should be "preventive." 20. Face down. 21. It is one of the mildest. 22. Usually, some minor injury to the nail or nail-bed. 23. No. it is not the quantity of fluids that counts but the toxins excreted. 24. Reddish yellow and sepia brown. 25. Horse meat is as "safe" as beef; it is purely a matter of taste. 26. No; the disease is caused by toxins from tetanus bacilli or their spores. 27. No, it has poisonous potentialities. 28. Men. 29. Yes, in very small amounts. 30. Children's Bureau statisticians confirm this popular belief. 31. No, con-men are skilled at it. 32. Yes, although they gain less during pregnancy. 33. Mme. Curie. 34. Yes. 35. Normally it is lower in the morning, higher in the evening. 36. Yes, snoring increases from age thirty on, probably because of letdown in muscular control. 37. Blood can be transfused through bone marrow. 38. No, tuberculosis is not inherited but the organism is easily passed on in families. 39. Yes, but damage already done cannot be repaired. 40. In the daytime. 41. The inner ear. 42. With elderly patients. 43. No; heat rays may burn the retina. 44. Increase. 45. Registered nurse.

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1946

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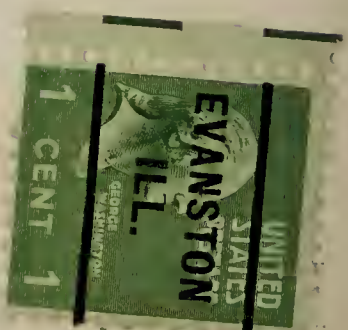
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of St. Luke's Hospital School
of Nursing

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The Alumnae



APRIL, 1946

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Alumnae Pledge



An Assurance of Loyalty

With understanding of and the belief in the aims and purposes of the Alumnae Association of St. Luke's Hospital School of Nursing, I do solemnly affirm, that I will endeavor, by my daily life and service, to honor always the profession of which I am a member.

THE ALUMNAE

Official Organ of
The Alumnae Ass'n. of St. Luke's Hospital School of Nursing, Chicago, Ill.

Vol. LVI

Evanston, Ill., April, 1946

No. 13

EASTER - 1946

Let us look at the three persons on the Hill called Calvary; the two whose destiny was determined by their attitude to the One in the middle. On the one hand was the thief who was unrepentent and lost. He WANTED TO BE SAVED but was not. Nay, more; here we have a man WHO ASKED THE LORD TO SAVE HIM BUT THE LORD DID NOT DO IT. He actually prayed to the Lord Jesus to save him and yet he was lost.

Now this may seem like a paradox when we think of the invitation of Lord Jesus who said. "And him that cometh unto me I will in no wise cast out," but it is true just the same. Just look at the thirty-ninth verse of this 23rd chapter of Luke:

"And one of the malefactors which were hanged, relied on Him saying, if thou be the Christ, save thyself and us."

He asked the Lord to save him but HE REFUSED TO BE SAVED THE JESUS WAY. He wanted to be saved by CHRIST COMING DOWN from the cross rather than through the death of the Lord Jesus ON THE CROSS. He wanted to be saved by a Living Saviour rather than by a dying Saviour. If Jesus saved HIMSELF, He could save no one else. HE MUST die if the thief is to live. Someone must die, Both cannot live. If Christ does not die, then the thief must die the eternal death. So, while he desired salvation and even prayed and asked for it, he did not receive it because he did not accept it in the name of a DYING SAVIOUR.

The other cross to the right of the Lord Jesus presents a much brighter scene; yet, there was NO DIFFERENCE between the two men as far as their guilt was concerned. Both were called thieves; both were robbers; both had been convicted; both had been condemned. There they hang in agony! You cannot detect any difference between them. YET - YET - one went to the place of torment when he died and the other to the place of the saved. What made the difference? The whole difference was in the ATTITUDE THEY ASSUMED TO THE OTHER MAN ON the MIDDLE CROSS. The man on the cross to the right of Christ said:

(Continued on page 16)

MARCH OF TIME

1944

Lt. Betty L. Kafka writes from Augusta, Ga., "Received your card asking of my activities. I came to Oliver General Hospital right from basic training and have been here since that time; about eleven months thus far. This is a beautiful spot — certainly the prettiest in the South that I have seen. The hospital is an orthopedic center. I shall be looking forward to the Journal."

Mrs. Jean Armstrong Nicholas writes, in answer to a card for news: "Following graduation I was employed by one of our St. Luke's pediatricians, Dr. Biggs, as an office assistant. I was with Dr. Biggs up until 4 weeks ago when my husband returned from overseas duty. My full time job now is that of housekeeping."

Lt. June L. Larson, at Ft. McClellan, Ala. has been a patient in the hospital since September. We all hope she is well on the way to recovery by this time.

1942

Alvina Gustafson has been honorably discharged from the Army and is residing in Los Angeles, Cal.

Alleen Biebesheimer Niemeyer writes: "In response to your note, I will say that my activities here in Chicago have been rather confining. Shortly before Christmas, my husband took me and our young son, E. W. Jr. (Butch), to my parents home in Iowa where we enjoyed the holidays. On January 5 we had another addition to our family, Joan Julia, who was born in Waterloo, Iowa. Since then we have been suffering the usual trials of babyhood. Recently, one of my classmates called me. She was Bernadine Beabout who was in the A.N.C. She is out of the Service now and I believe she is planning to work in Chicago in the near future. I shall be looking forward eagerly to the next edition of the Alumnae as it often gives me information as to the whereabouts and activities of many of my classmates."

1940

Lt. Marie L. Edson writes, "am now stationed at Vaughan General Hospital, Hines, Ill., and will be there

until the first of April when we will be moved out, but as yet no one knows where that next move will be. I returned to the States the first part of October and after nearly three years overseas, everything really looked grand, and it seemed so good to be back. On reporting to Vaughan I worked on a ward under T. Plummer, a St. Luke's graduate, who I did not know, but we knew lots of folks. I shall be very happy to receive a copy of the Alumnae again, as it has been some time."

1939

Lt. Barbara Retzlaff writes from Camp Butner, N. C.: "I have missed the Journal and was happy to have you suggest sending it to my home address. Having spent my Army life only in the U. S. A., my experiences are not unusual ones. But, like most everyone else, I am anxious to get home again."

1938

Mrs. Ruth Kinzie Amos writes: "In answer to your request for news, will do my best but after reading of the exciting experiences of so many of my fellow alumnae members and classmates, I feel that anything I can tell in exchange will seem dull, indeed! I retired from active nursing almost five years ago to rear our family. Not that I haven't been busy during that time or haven't used what I learned in nursing; nor even that it is without its compensations — far from it! But it isn't the sort of news one writes voluntarily to so active a group as the St. Luke's Alumnae. My husband has helped in the construction of several of the large munitions plants over the country so we have changed our address every few months since the beginning of the war. Of course, we have enjoyed a great deal of traveling and sight-seeing that we could not otherwise have done. Most of the issues of the Alumnae have managed to catch up with me eventually, and like the others, I've read, re-read and enjoyed every one. We came to Oak Ridge about two years ago and I'm glad I didn't miss the experience of having lived here. Have inquired about St. Luke's nurses but haven't heard of any yet. Surely

there must be others here. My contributions to the war and victory effort have necessarily been limited, consisting mainly of Red Cross sewing — which I could do in my home — and, of course, three lovely little future nurses, now four, two and one-half, and a cuddly three months. With best wishes to all and special regards for members of the Class of 1938."

1936

Mrs. Miriam Baxter Semmer deserves a vote of thanks. During a vacation in Florida she wrote many cards and collected items of news which she very graciously sends on to share with us. Mrs. Semmer sends us the following items on the Class of 1936:

Alice Anderson Cotter writes that her husband, Dr. Cotter, St. Luke's, is now out of the service after three years. He is now practicing industrial medicine in East Chicago, Indiana. She did industrial nursing during the war, between visits to her husband.

Janet Cozad Gates is in Warm Springs, Ga. where she has a home while her two children, a girl 5 and a boy 3 are being treated for polio. They are making progress and all of us certainly wish Janet and her children the best of luck. Janet's husband, Capt. E. L. Gates, Jr., of Boston, is awaiting discharge after which they will settle in Atlanta.

Doris Dean Scharbach taught Home Nursing in Morton High School and also adult Home Nursing classes until December 1943 when she and her husband adopted a baby boy and a year later the second.

Bunny Hodges Carney sends a snapshot of three adorable children, Jim and Bill age 7, and 4, and Susie aged 2. Paul returned from two years in India last May and was discharged in October. He's all organized now and so busy that meal times are the only times his family see much of him.

Erna Jean Lehman is now teaching in a Grand Island, Nebraska, hospital — bacteriology, pathology, psychiatry and history of nursing. Her husband is to be discharged from the Army Air Corps soon and their plans are still indefinite. Her son, Arthur, is now eight years old.

Regula Struebing Britton writes

from Pasadena, Cal., that after three years in the service, Dr. Britton and his father have opened an office in Alta-dena. Jim was stationed in about twenty places during his two years in this country, then was sent overseas for a year. Regula's two children are Jim, 3½ and Kate 5, and they are darling according to their pictures which Regula enclosed with her letter.

Ruth Funk Proctor worked as a stewardess with the Rock Island for five years, then, as war broke out, she did industrial nursing at International Harvester until her marriage in 1942 to Douglas Proctor. He became a Red Cross Field Director of Military Welfare and was stationed at various camps until sent overseas to North Africa, Sicily, and Italy. He now is stationed in Milwaukee, still with the Red Cross. They have a daughter, Michele, aged 3½ years and a son, Douglas, Jr., six months old.

Helen Horning Decker is working four evenings a week due to the acute nursing shortage in Kenosha. Her husband, John, was discharged in October after eighteen months in the service. Helen has four children, two boys and two girls.

Cleo Peters Smith did industrial work at the Western Electric for five years and married Dr. Frank Smith, who is their Medical Director. They have a three year old daughter and Cleo has also taken over her brother's three children aged 4, 5, and 7, since their mother's death. "So now it seems I'm rather specializing in Pediatrics," she writes.

Velma Peters Wiese and her husband, Eldon, are busy people what with a 160 acre farm and an additional 100 acres to take care of. They have two children, a boy 4½ and a little girl almost a year old.

June Dodge Hansen's husband was recently discharged from the Navy after three years. June was with him a good deal of the time and they are now back in Antigo, Wis., until they have definite plans for the future.

Peg Wissie Madden and her family are living in Riderwood, Md. Her husband is with the NLRB in the Baltimore office. They have two sons, Warren 7, and Jimmie 22 months, and they are expecting another baby in July.

Another member of the class who is blessed eventing is Jane Kohler Greene who expects her baby in June. The Greenes have a boy almost six.

Charlotte McElroy Benbow writes from Parkersburg, W. Va. that there never is a dull moment in her home with her two children, Barbara 8 and her son David 5. Charlotte and her husband have bought a home about seven miles outside of Parkersburg adjoining the country club.

Mim Baxter Semmer is kept so busy with her two children Judy, 6, and Bob 22 months that she almost longs for the peace and quiet of Main 14 or Main 7. The Semmers built a home in Beverly Hills about three years ago and hope any of you who are ever in the City will stop in. So many of the girls who have written have mentioned the Alumnae Banquet which will be held on May 25th at the Crystal Ballroom of the Blackstone, and we surely all hope that there will be a good representation from our class which will be celebrating its tenth reunion. A card has been sent to every member of the class and if you have not received one, why not send in your news to me? It would be nice particularly to hear from those girls who have been in the service.

Mrs. Frederick Semmer,
9200 S. Bell Avenue,
Chicago, Ill."

1927

Darlene Weaver Andree writes from Fond du Lac, Wis.: "I fear my news will seem very dull to most every one else but to me it is far from such! I'm only a happy wife and a found mother. Our only son — 3 years old, Adrian, is a lively fellow and keeps me on the go. I am so thankful that he is such a robust type. We bought our home last year and I enjoy the garden very much though it means work. My husband and I are both active in Church and Civic work. I have charge of the nursery in the Church. This, plus the usual social activities, completes my story. As I said — it doesn't seem much in writing, but to me Life is wonderful."

1925

In answer to a card for news, Mrs. Ruth Westedt Holmgren writes: "I am night supervisor in the Maternity

Ward at the Glidden Memorial Hospital and am a housewife."

Eda Stensland writes from Minneapolis, Minn.: "I left Sacred Heart Hospital on February 28 (in Eau Claire, Wis.). Yes, I have been a patient again — this time an operative one. An appendectomy, no less! (And I always said no one but 'S. W., H. E., or H. O. could open me up'). It was rather provoking to have it steal up on me just as I was beginning to get on my feet again. I was relieving a friend of mine on her case at Sacred Heart and had been on just two weeks and on the last day of my relieving I got sick about 9 P.M. and by the time the night nurse came on, she and the Sister on nights had to put me to bed and call my Doctor. Leave it to a nurse to get everyone up and have an Xray and white count at 1:30 A.M. That was on February 11 and after several ups and downs of the white count and a couple lesser attacks, it was decided wisest to have it out so on Saturday February 16 I kept a date up in Surgery with a very nice and competent surgeon. I wasn't the model patient I had tried to be for a recent throat and sinus infection flared up and I had cough complications so had to keep those pesky sutures a whole week and then he kept me there walking the corridors another five days to gain and to fortify me for the stairway I have to climb p. r. n. at "home." Because of snow and ice and having to go out for dinners and suppers, the doctor thought it would be better for me to be up here at my brother's for a couple weeks or so. Am I getting service! Seems strange to have anyone 'waiting on' me — but definitely nice!

"Suppose had I been in Chicago, I might have had the comfort of a 'special' through those first rough days through the Blue Cross Service Guilds membership. Everyone was so kind and so attentive that I didn't mind having to be on floor care. However, the experience makes me glad to be able to contribute to the Fund so that someone else may have the added comforts that a special nurse can give one.

"I hear that we are to have a Banquet this year for the first time in years. How I hope I may be able to work enough between now and that

date to enable me to enjoy all the Commencement festivities and see all the dear old St. Lukers I've missed these past two years.

"Give my warm regards to all the Alumnae. Best personal regards — and 'get well quick' wishes to any and all 'inmates' of the Endowed Rooms."

Lorine Ostrom is now discharged from the Navy and is living in New York.

1924

Helen Benjamin writes from the A. B. M. Hospital, Nellore, S. India: "Some time a Golden Jubilee report will be printed and sent to you, but before the event is too far in the past, I want to write to you about that blessed time when we thought of the many in the past who had begun and carried on the good work through the fifty years of the life of this hospital. I never knew that account books, salary ledgers, and old reports could be so interesting. They are all dusted and packed away again for another twenty-five years, perchance, when the next generation of missionaries may look at them for the Triple Jubilee in 1970. Our Jubilee began by inviting all former staff and workers for a feast on September, Friday, the 14th evening. Mr. B. Samuel from our Seminary gave the group a Kalakshapam (story in song) afterwards. About two hundred of us gathered together under the moonlit sky, and listened to the story of Simeon.

On Saturday morning at sunrise the staff and workers met on the terrace of the bungalow for a praise service. Miss Bullard led us in a beautiful time of prayer and thanksgiving. There then followed a tree planting ceremony, the symbol of growth and service to God, establishing the event for each future group of graduating nurses. The day was a busy one visiting with friends who came to join us in the celebration. Nineteen former staff and students were able to attend. We received messages and gifts to our Jubilee Fund from forty others. In the afternoon the hospital was opened to guests and the nurses displayed appropriate exhibitions in each section of the hospital. Three cages of white rats, demonstrating the value of different types of food, attracted much notice, as well as pictures of former staff and students, buildings,

old instruments, and charts portraying Nursing and Medical History, Prevention of Accidents, Antenatal Care, Care of the Baby, and Prevention of Typhoid Fever. How much the public learned from these efforts is not known, but the nurses learned a lot.

About five hundred friends gathered in the evening on the tennis court for the Jubilee programme. Dr. Ferguson gave the Christian message, The President of the District Board spoke and the District Medical Officer presided. One item of special interest on the program was the presentation of golden badges of service to twenty people, professional and non-professional, who have been on our staff for twenty years or more. Badges will be presented to Dr. Benjamin and Miss Magilton by Dr. Morris when she arrives home. The nurses presented a drama of five scenes about the history of the hospital, the need for the hospital, the coming of the missionary doctor and nurse, the training of the Indian nurse, the coming of the first Indian doctors, and the present work of the hospital. One of our office force, Mr. B. S. Samuel, composed a fitting song for each section, which added greatly to the drama. Someone remarked afterwards, 'A lot of work for just one evening's enjoyment' — but that person forgot what it meant to all of us who prepared for this time of Jubilee, for we all received a deep appreciation of the work and faith that went before. One of the first items in Dr. Benjamin's financial account was, 'Ten Commandments,' and later 'Frame for Ten Commandments.' I thought how symbolic those items were. Much thought and work, business and professional, has gone into the fifty years of the hospital's existence, and God has worked in and through the busy lives of each one. Our hospital motto: 'One is your Master, even Christ' and our School of Nursing motto: 'The Son of Man came not to be ministered unto, but to minister' — have been our goal during these years, and as we, in the form of a drama, saw those who served in the past, we could repeat with a new meaning the words of St. Paul, 'Therefore, let us, too, with such a crowd of witnesses about us, throw off every impediment and the entanglement of sin, and run with determination the race for which we are enter-

ed, fixing our eyes upon Jesus, our Leader and example in faith.'

And what is the race for which this hospital is entered during the next fifty years? The Government of India has formulated a Health plan that will much more adequately care for the health of India's vast population. This great medical program needs Christian leadership. Medical service without Christ loses much of its power to heal and inspire people to desire a healthy way of living. It is left to each mission hospital large and small, dotted all over India, to train and encourage Christian leadership in the service of Health and Healing. 'Fixing our eyes upon Jesus,' this hospital must enter the race. We thank all of you who are interested in the work of this hospital for your help through your service, gifts, thought for us and prayer.

I hope the nurses will have better accommodations and that they enjoy their days at St. Luke's as much as I did even though I did have to live in Saranac."

1923

In reply to a card for news, Mrs. Annie McChesney Link writes from Sheridan, Wyoming: "My family consists of my husband and one daughter, who finishes high school this year. For the past three years I have been on the nursing staff of the U. S. Veteran's Hospital (N.P.) here at Sheridan. Maintaining a home and doing nursing leaves little time for other activities. There are two other St. Luke's people in Sheridan besides myself, they are Dr. and Mrs. O. L. Veach (Mrs. Veach was Miss Mac-Millan). This is grand vacation country and some of the St. Luke's people who go on vacations might enjoy our mountains and our streams."

Mrs. Naeoma Plummer Hill visited in Chicago recently. The Hills are living in California.

1922

Geraldine Coy has retired from the nursing profession and is living in Moylan, Pa.

1921

Esther Ballard Hendrickson writes from Logansport, Ind.: "I have your card asking for news. As for my family, it consists of one boy of almost eighteen who enters Indiana Uni-

versity School of Medicine next September, and a husband. Activities are what you find to do in a small town where my husband and I have a business in partnership. I have done very little nursing these past few years because I keep the books for our business, which is a full time job. However, our local hospital has needed help as badly as others and I have spent an afternoon now and then there which makes me realize just how much things have progressed since 1925 and how very much I would have to learn to become up-to-date. In 1941 I went to Chicago and took the examination for reinstatement of my registration which had lapsed beyond the five years. I passed, but have learned my lesson about keeping registration up each year. I hope to get a copy of the Alumnae Journal soon as I have missed them a great deal and always enjoy news of other nurses. Thanks for your inquiry."

1918

In response to a card, Anne Dawson writes: "I am still with Mrs. Alfred McCormack where I have been for the past fifteen years."

1898

Mrs. Mathilde Grossert Barchet writes: "I have received your post card. Thank you. I married George Edward Barchet in 1899. I have three children, Stephen George Barchet, Capt. U. S. Navy, holder of the Legion of Merit Award, The Gold Star in lieu of Second Legion of Merit Medal, The Bronze Star, The Special Collar Order of You We, with Ribbon from Generalissimo Chian Kai Shek, President of China, Mary Barchet, married to Commodore W. W. Warlick, U. S. Navy, Stephanie von Ulrich Barchet, married to George Budjen, Chief Warrant Officer, U. S. Navy, with the medical corps. My husband, George E. Barchet, died December 18, 1944. My married life ended with his death. We have lived together on a farm for nearly 45 years and I still have a house there. I have not earned anything in the work in which I was trained at St. Luke's, Chicago, since my marriage was in 1899, though I have done plenty of nursing in my home, in the family, as well as nursing friends, relatives, etc. and helping the local most beloved physician on occasions in the old horse

and buggy days — and now it appears that I shall soon need some nursing care myself. I am always interested in St. Luke's — have kept in touch with my two roommates, Mrs. John Gailey Campbell and Violet Nesbitt through all the years to this day and they have visited me here on several occasions. I often think that the two years I spent at the old School were the happiest years of my life. I had a wonderful time there. Sincerely, 'Fraulein' to my intimates."

Anne Ambridge writes from Hinsdale, Ill.: "Since I retired from my job as a school nurse in 1938, have not had many activities. Worked for the Red Cross twice a week until our

unit closed the first of February. I keep up my interest in the League of Women Voters and have been a member since women received the vote after the First World War. Belong to our Foreign Policy Class which meets twice a month. I am the custodian of the United Thank Offerings or Blue Box Collections for our Parish twice a year. Also go into the Cathedral Shelter Guild to represent our Church Guild in Father Gibson's work for the poor. You see, my activities are rather restricted and when walking is bad in Winter, I can't do much walking. Am afraid of accidents. I have had such bad ones other years. Thank you for your card."

In Memoriam

The St. Luke's Hospital Alumnae Association extends sincere sympathy to Ruth Montgomery Luxem in the death of her mother on February 16, 1946.

St. Luke's Hospital Alumnae Association extends sincere sympathy to Mr. Vincent O'Neill and family in the death of his wife, Ruth Mueller O'Neill, who passed away on February 9. Mrs. O'Neill leaves two girls, 15 and 17 years of age. Her sister is Ada Mueller Smith, Class of 1931, of Lexington, Ky.

The St. Luke's Hospital Alumnae Association extends sincere sympathy to Paul Wilson and Dorothy Wilson in the death of Mrs. Julia Milligan Wilson, Class of 1897. Mrs. Wilson (Wm. L.) was ill for a long time and passed away in Connecticut. Burial was in Hinsdale, Ill.

The St. Luke's Hospital Alumnae Association extends sincere sympathy to Eleanor Criger, Class of 1931, in the death of her brother who passed away February 4, 1946. Miss Criger is with the U. S. Public Health, Tuberculosis Control Division, Bethesda, Md.

Headline: Unidentified body found in nameless grave in Philippines believed to be that of Colin Kelly.

Aye, let him rest in Potter's Field;
His usefulness is past.

Where he has gone there are no wars—
His sword is sheathed at last.

The fighting eyes are stilled in sleep,
The gallant heart at rest,

So leave him there, secure and deep,
In Mother Earth's cool breast.

And write above his nameless grave
"Here lies the hallowed clay

Of one who saw his Colors wave
Above the screaming fray" . . .

The dust of one of Freedom's sons
Who slumbers far from home . . .

In fighting men it ever runs—

That ceaseless urge to roam.

Enshrine him there in Potter's Field
Among the nameless crew

That never did a cutlass wield

And yet life's hardships knew.

He'll find blood brothers in that crowd

For there are heroes there

With whom his spirit will be proud

Their nameless lot to share.

—Nick Kenny

ANNOUNCEMENTS

A letter dated March 11, from Aileen Hartsema, President of the Illinois Training School for Nurses Alumnae Association, writes to Mrs. Ann J. Laird as follows: "A long time ago the Illinois Training School Alumnae Association expressed their desire to entertain your Alumnae at one of our regular meetings. Then, during the war all special activities were postponed. Now, at long last, I take great pleasure in this opportunity to invite the members of the St. Luke's Hospital Alumnae Association as our guests for our meeting of May 7, 1946, at First District Headquarters, 8 South Michigan Avenue, Chicago, at 8:00 P.M. I sincerely hope that you have no special plans for this evening — and we anticipate our social evening to be greatly honored by the presence of your members."

Invitations for the Alumnae Banquet, May 25, at the Blackstone Hotel, will reach you about May 1. I am making an urgent request of all those planning to attend to have their reservations to me by May 9, as I have to let the hotel know at least two weeks in advance as to how many will be attending the banquet. You can obtain your reservation ticket at the hotel the night of the banquet.

Leone M. Vetren

CITATION FOR LEGION OF MERIT

Lt. Col. Edna B. Groppe, Army Nurse Corps, displayed exceptionally meritorious conduct in the performance of outstanding service from May 1943 to August 1945. As Chief of the Nursing Branch, Military Personnel Division, Surgeon General's Office, during this period she exhibited unusual ability, energy and foresight in administering the difficult program in the procurement of nurses and their assignment to meet the critical need for the specialized nursing care of our American and allied soldiers in this country and abroad, so as to fit them for their future work in civil life. The excellent liaison established with nursing organizations, civilian recruitment committees, as well as Congressional leaders and Government agencies is due chiefly to Colonel Groppe's personality and ability, and reflects great credit on herself and the Medical Department.

First District, Illinois State Nurses Association, have a new publication known as "FIRST." Following are ideas suggested by the editorial staff of "First":

1. Send some good jokes.
2. Send us questions.
3. NEWS of what work contribution your group is making to First District.
4. NEWS of members in the nursing field.
5. Human interest stories, interesting experiences both on and "Off Duty" of members.
6. Pictures . . . glossy prints . . . any size . . . of group . . . individuals.
7. Writeups of members and their accomplishments.
8. Do any members have interesting hobbies . . . details, please.
9. Do any members do "cartooning" for a hobby? We'd like to start a cartoon series or comic strip in "First."
10. Data on members who served overseas. Experiences, etc. Also what they are doing now, and their ambitions.
11. Have any members taken advantage of the Counseling and Placement Service? Let's hear about it.
12. Let us have lists of meetings . . . Lectures, social gatherings, etc.
13. Who's Who in your group. What they are doing in the nursing field. Their background, details of work, also personal data . . . and photos.

Insofar as possible, include a photo with writeups.

Individuals may be in street clothes or in uniform.

Pictures are always interesting.

With a reminder from First District that Membership Drive time has rolled around again, it is a reminder to all of us at St. Luke's that there are many of our own nurses who are not members of our own Alumnae. Perhaps you share your Alumnae Journal with some nurse who does not belong to the Alumnae. There is your chance to help in the membership drive by telling her — or someone else from St. Luke's — of the advantages you enjoy by belonging to your Alumnae

Association. As long as your dues are paid, you receive a copy of the Journal each time it is edited without having to depend on someone's kindness; you receive notice of the meetings — you have the right to vote and help elect to office those you think capable — you have a voice in decisions made at alumnae meetings and you have a common tie in the big club of St. Luke's Alumnae Association. See what you can do to get just one person to join the Alumnae Association and share the interesting items that come up each month. In the meantime, find out who lives near you and form groups to attend the meetings each month. We have some very interesting meetings, some hot discussions and a fine social time after each meeting — to say nothing of the short but interesting programs that are planned to follow the business session. Come out a few times and you will become so interested you won't want to miss these meetings.

Scholarship And Loan Fund

Are any of you alumnae members planning to further your education? Do you find that the Almighty Dollar does not reach as far as you would like? Why don't you take advantage of your Alumnae Scholarship and Loan Fund? It is available for your use. For information necessary to make application, contact the chairman of the committee in charge of this fund.

Dorothy Armstrong
Chairman

At the last meeting of the Board of Directors, First District, Illinois State Nurses Association, February 8, 1946, the following action was taken concerning reinstatement of memberships:

"It was moved, and carried, that nurses **returning from military service**, who were in good standing in First District before entering the Service, be allowed to resume membership without filling in a reinstatement application providing they apply for membership within 6 months after getting discharge."

Kindly explain to these nurses that they merely pay the current year's dues to be reinstated.

Remember, this does not pertain to

civilian nurses who have left their membership lapse over a three year period. They must complete the reinstatement application to be approved by the First District Board of Directors.

Mary Everett, R.N., Sec'y.,
First District, I.S.N.A.

Remember, this is **your** Journal. You make or break it. Don't wait for me to write you about yourself. You may think your news is dull but others are interested in knowing what has happened to you since you left St. Luke's and what you are doing now. You are a part of the Alumnae Association and although you may not play an exciting part, you are a necessary part. Remember the hinge on a door is seldom noticed but what would we do without it? Special thanks to those who have sent in news and to those who have responded to my cards and notes for news. Sincere personal thanks to Mrs. Frederick Semmer (Miriam Baxter) for her wonderful job of obtaining news of the Class of 1936. More such efforts in the different classes would make a different Journal and one bubbling over with personal interest. Remember your Journal when you receive letters with even a line or two that can be shared with all of us. — Editor.

How It Started

A bet started a chain of research which led to the perfecting of motion pictures. Some sixty years ago, Governor Leland Stanford of California bet \$25,000 that a horse at full speed took all four feet off the ground at once.

To prove his theory, he employed Eadweard Muybridge, a photographer, to record on film a series of pictures of **The Engineer**, one of Stanford's thoroughbreds, galloping. It took Muybridge six months to coordinate horse and cameras, and prove Stanford's theory. He put the series of pictures in a stock, and later, thumbing through them, to his amazement saw **The Engineer** running as the pictures flipped.

Muybridge's discovery started the manufacture of animated books of pictures for children. It also started experimentation by Thomas Edison and others on the best method of recording motion on film.

Where There's a Will . . .

When Woodbury Rand, a lawyer, died in Brookline, Massachusetts, recently, he bequeathed \$100,000 to his closest friend, Buster. It developed that the heir was a back-alley variety of tomcat. Earlier provisions for gifts to nine relatives had been canceled because of "their contemptuous attitude and cruelty to my cat." In a subsequent paragraph of his will, Rand suggested that any of his personal property — such as radios, electric fans and sweaters — which might contribute to Buster's comfort, should be placed at his disposal.

In California not long ago, a woman left the following items to a friend: 280 sweaters, 303 scarf sets, 53 nightgowns and slips, 540 dresses, 277 blouses, 240 pairs of gloves, 231 handbags, and 160 pairs of nylons.

Mrs. Ita McGuire of Napanee, Ontario, inherited a life interest in a trust fund of \$100,000 some months ago, although there was one string attached. She was required to care for fifteen Pekinese dogs belonging to the testator, Mrs. May Marguerite Shaw of Mineola, New York.

There was a sentimental streak in the make-up of George Grushlaw of Philadelphia. For many years, he had gathered with a group of friends each Friday night for a session of gin rummy and small talk. Upon his death, he left \$1,000 to the quintet, explaining that it was to be used to provide refreshments for the weekly sessions, which he hoped would continue.

In Elizabethtown, Pennsylvania, the congregation of the 200-year-old Christ Evangelical and Reformed Church meets once each year to make formal payment of its rent — one grain of wheat. This fee was stipulated many years ago in the will of Peter Blasser, who gave the land for the building.

New Citizens Congratulations

Mr. and Mrs. Gerald F. Barron, (Marlea O'Connor, 1928) are the proud parents of a girl, Elizabeth, born February 6, 1946.

Mr. and Mrs. Fred Amos (Ruth Kinzie, Class of 1938) are the proud parents of a girl, Constance Sue, born December 20, 1945. Constance Sue weighed six pounds twelve ounces.

"The Windows of Heaven"

Wonderful thoughts came to the Reverend Silvester Horne while he sat in his garden, thoughts which opened such great vistas to the imagination that all of his pupils wished to see the place where he enjoyed his meditations.

At length two of his boys found some pretext to visit the good teacher's study, and were invited into his garden. Imagine their dismay to find it only a narrow, nondescript strip of land shut in by high, bleak walls.

"Why, Doctor," one of the lads exclaimed, "surely this is not the garden where all of your fine thoughts come to you."

"Oh, yes."

"But it is so small!" the boy protested.

"But," said the good man, pointing to the star-studded sky, "look how high it is."

—Adrian Anderson

Help To Poland

One hundred tons of U. S. Air Force flying suits are en route to Poland, where they will be worn by dock workers and drivers moving medical and food supplies inland, according to a report from the United Nations Relief and Rehabilitation Administration's headquarters.

Nearly half of the suits have seen service in the air war over Germany. "One of our most serious problems," stated Lieut. General Sir Humfrey Gale, chief of UNRRA's European Operations, "is to move supplies rapidly from shipboard to the docks and from the docks to trucks and railway cars for rapid distribution to points where they are most desperately needed. These warm flying clothes will permit dock workers and drivers to work more efficiently in bitter weather, and so will help in delivering emergency goods with the greatest speed possible."

Well Said - - -

Before a man wake up and find himself famous — he must wake up and find himself . . . Ralph Waldo Emerson

Our greatest national problem is whether we should build warships or friendships . . . Woodrow Wilson

Wedding Bells Congratulations

Lt. Dorothy Jane Lewis, Class of 1941, has changed her name by marriage to Lt. Dorothy Lewis Stancliff.

Eugenia H. Wysatt, Class of 1944, and Capt. Sanford A. Franzblau of the United States Army Medical Corps, were married on February 10, 1946, in Chicago.

Naomi Plummer Hill, Class of 1923, and Joseph Lytle were married in Los Angeles, Cal. last November.

Stella Weidman, Class of 1929, and W. B. Sharp were married on January 11, 1946, and are now making their home in Danville where Mr. Sharp is in the ice cream business.

He Hadn't Seen Anything

In the early Eighteen Seventies, Oliver Wendell Holmes gave a famous description of the way in which a lady played the piano, which was copied in the papers and magazines from one end of the country to the other. Holmes wrote:

"It was a young woman, with as many white flounces round her as the planet Saturn has rings, that did it. She gave the music stool a whirl or two, and fluffed down on it like a twirl of soapsuds in a hand basin. Then she pushed up her cuffs as if she was going to fight for a championship belt. Then she worked her wrists and hands to limber 'em, I suppose, and spread out her fingers till they looked as though they would cover the keyboard from the growling end down to the little squeaky one.

"Then those two hands of hers made a jump at the keys, as if they were a couple of tigers coming down upon a flock of black and white sheep, and the piano gave a great howl as if its tail had been trod on. Dead stop—so still you could hear your hair growing. Then another howl, as if the piano had got two tails and you had trod on both of 'em at once, and then a grand clatter and scramble, and a string of jumps, up and down, back and forward, one hand over the other, like a stampede of rats and mice more than like anything I call music."

I wonder what our great American jurist would say if he could hear the modern music. —Walter K. Putney

Do You Know

As a rule, the U. S. flag should be flown only in fair weather?

When the President gives an official broadcast, radio stations and networks pay all costs and also reimburse advertisers for relinquished time?

Something over 5,000 islands make up the British Isles, most of them uninhabited?

Swiss cheese is made by fermentation, producing gas that can't escape; the gas makes the holes — fermentation is essential in making Swiss cheese, so the holes are essential also?

The difference between sizes in shoe length is one-third of an inch; half sizes are, therefore, one-sixth of an inch?

"Emeritus" after a person's title means that he has been retired from active duty without a change of rank?

A President of the U. S. may resign — but as yet none has ever done so?

There is enough ice left in the region of the South Pole alone, it is estimated, to cover all the world?

"Amen" is generally accepted as meaning "so be it." In Hebrew, from which the word comes, it means strong and trustworthy; in using the word we do more than say "so be it," we assert the truth and strength of the prayer.

What Does Friendship Mean to You?

All of us have friends who enrich us. They help us in many different ways. Perhaps one of the finest descriptions of true friendship is that written by some unknown poet:

I love you not only for what you are, but for what I am when I am with you.

I love you not only for what you are making of yourself, but for what you are making of me.

I love you for that part of me that you bring out.

I love you for putting your hand into my heaped-up heart, and passing over all the foolish, and frivolous, and weak things that you cannot help dimly seeing there, for drawing out into the light all the beautiful and radiant qualities that no one else has looked quite deep enough to find.

I love you for ignoring the possibility of the fool in me, and laying hold of the possibility of good.

I love you for closing your ears to the discords in me, and for adding to the harmony in me by reverent listening.

I love you because you are helping me to make the structure of my life not a tavern but a temple; and the words of my every day not a reproach but a song.

I love you because you have done more than any creed could have done to make me good, and more than any fate could have done to make me happy.

You have done all this without a touch, without a word, without a sign. You have done it just by being yourself. Perhaps this is what being a friend means after all.

Life's Like That!

By Lawrence H. Singer

Miller R. Hutchison, the man who invented both the Klaxon auto horn and the Acousticon for the deaf, died last year. Mark Twain once observed that Hutchison invented the Klaxon to deafen people, so that they could later buy his Acousticon.

A Canadian residing in the United States died last year, leaving \$26,000 on deposit in a Toronto bank. The Ottawa government immediately filed a claim for over \$14,000 in inheritance taxes, while Washington officials asked for slightly more.

August Eichorn, long famed as Australia's outstanding snake expert, had exposed himself to thousands of reptile bites for exhibition purposes. He died at the age of eighty-seven, as a result of blood poisoning, contracted after a minor barbed-wire scratch.

Professor Albert Einstein called in a tax expert to help him prepare his return. "This is a question too difficult for a mathematician," he explained apologetically. "It should be asked of a philosopher."

Alfred Hitchcock selected the town of Santa Monica, California, as the locale, for his fine movie, *Shadow of a Doubt*, because it seemed to typify a middle-class American community.

One old house, particularly weather-beaten, was chosen as the central background for the picture. When the company arrived to start shooting, they were dismayed to find that the owners had slapped on a coat of fresh paint, destroying the worn appearance. Decorators were rushed down to restore the dilapidated exterior.

When State Senator John M. Walker of Pittsburgh was campaigning for a judgeship, a radio address one night brought a lone letter. "I would like to vote for you," it read, "but I happen to be serving a term in prison."

The estate of John Mooney, who died sixty years ago in California, remained unsettled up to a few months ago. Finally, Judge Malcolm C. Glenn appointed a Sacramento attorney to serve as administrator. He found that the swamp property was worth "about fifteen cents."

Rites of Spring

In Denmark, spring is marked with a holiday known as Blowmas, originating long ago when people believed that birds hibernated in some different form from that of birds. Some became knobs of trees. Others were lichens that grew near the bases of trees where the birds fed. A few took on forms of crawling creatures that lived in winter, and a number of birds were supposed to go into holes in trees and become dead leaves or other material we think of as rubbish. After winter had passed on, Mother Nature was supposed to blow the breath of life back into the bodies of these small birds and the day on which this occurred is known as Blowmas.

Device Enables One-Armed Person To Wash Hand

A simple, inexpensive device which enables a one-armed person to wash his hand is described in a recent report by John R. Brayton of Indianapolis. The idea, he says, is simply to attach two rubber vacuum cups to any small brush, which then can be attached to the back of any wash bowl, thus enabling the user to wash his hand and arm by first placing soap on the brush and then rubbing his wet hand or arm up and down on the brush.

The Human Comedy

Probably many of us who pray are like the little four-year-old who shocked her mother by saying:

"Oh, God, make me a good girl — not real good, but just good enough to keep from getting spanked."

Once upon a time, a Sunday School teacher tried to describe the nature of God to the small children in her class. She spoke of him as "kind, loving, and good — strong enough to do anything, careful to protect them from being hurt, and giving them everything they needed." Then she asked if that reminded them of anyone they knew.

One little fellow looked up sharply and said, "Sure, that's my dad!"

—Webb B. Garrison

The story about a self-righteous man is told by J. W. Holland. This man had a talk with a philosopher.

"I was told once," he said, "that they who learned to do the right things are happy. I have not found it so. I am tired of doing the right things when I do not get rewarded for my sacrifices."

"I begin to see your difficulty," said the philosopher. "There is something yet for you to learn. It is not enough just to **do** the right things. If you would be happy, you must learn to **enjoy** doing them."

Roland Diller, who was one of Lincoln's neighbors in Springfield, tells the following story:

"I was called to the door one day by the cries of children in the street, and there was Mr. Lincoln, striding by with two of his boys, both of whom were wailing aloud. 'Why, Mr. Lincoln, what's the matter with the boys?' I asked.

"'Just what's the matter with the whole world,' Lincoln replied. 'I've got three walnuts, and each wants two'."

—E. M. Marshall

Combating Burn Shock

A possible means of combating the frequently fatal shock that accompanies severe, extensive third degree burns is described by Charles L. Fox Jr., New York, in a report on giving sodium lactate solution by mouth instead of injection into a vein. (Sodium lactate is an organic salt found in sour milk, in certain other substances and in the arterial blood plasma.)

"The results were so successful as to warrant further extensive trial of this therapy," he says. "There was but one death (which occurred within four hours after admission) in 17 cases of full thickness (third degree) burns."

Fox explains that survival and recovery of severely burned patients after the administration of sodium lactate solution by mouth instead of the injection of plasma into a vein "proves that correction of the sodium imbalance is of major importance." Its administration is simple, it costs but a few cents, and hospital supplies of blood and plasma are thus conserved.

Sidelights on People

If you can manage to be patient with the impatience of others, even Job would be proud to take his hat off to you.

Overwork is twice as wearing when you label it as such.

Debtors are not always a bad sort, but creditors are much more prompt with their correspondence.

The old adage, "self-praise is half scandal," is a dud. People usually believe most of the scandal they hear, and bragging doesn't convince anybody.

Hard work is a fine anesthetic. And while its reaction may be backache, it is never headache or heartache.

People who say a fine thing about someone and immediately follow it with a sentence beginning with "but," are like a cow that gives four gallons of rich milk and then kicks it over just for orneriness.

—Strickland Gillilan

The United States Post Office at Evanston, Illinois, notifies us that the following A.P.O. numbers have been discontinued or disbanded.

2	76	257	443
4	80	258	444
5	84	259	445
8	85	260	446
26	89	261	448
28	91	262	449
29	95	263	450
30	104	333	452
34	200	345	454
35	253	410	461
36	255	412	470
44	256	417	472
45			

BLUE CROSS SERVICE GUILD

Notice of Dues

Payable to April 15, 1946 to be eligible for this year.

Balance on hand March 12, 1945		\$ 756.05
Receipts	\$460.00	
Dues for 1945	115.00	
Dues for 1946	1.00	
New Members	104.86	
	<hr/>	
Donations	680.86	1,436.91
Disbursements		
Printing of receipt cards	3.75	
Bank charges (activity of acct.)79	
2 Blood Transfusions (Helen Rutherford)	100.00	
	<hr/>	
Transferred to Savings Account	400.00	
	504.54	
Balance on Hand March 2. 1946		932.37
Savings Account		
Balance on Hand March 12, 1945		2,525.14
Receipts		
Interest on bank balance	34.16	
Transferred from checking account	400.00	
	<hr/>	
	434.16	
Balance on Hand March 2, 1946		2,959.30
Donations		
M. Boyington 1945	\$ 9.25	
M. Boyington 1946	8.30	
Lt. V. Elliott	3.66	
L. Ostrom	5.00	
E. Couzens	3.65	
Mr. F. Henke	75.00	
	<hr/>	
	104.86	
On Hand March 1946		3,891.67
On Hand March 1945		3,281.19
		<hr/>
	Gain.....	610.48

Membership 121

Edna M. Travers, Treasurer

How He Broke His Arm

Some of us New Englanders are a pretty reticent lot. We don't give up information about ourselves easily and gracefully. It may be modesty and other good qualities like that, or it may be just plain cantankerousness and miserliness. Some of us won't even share things — not even information. Illustrating this trait is the tale of the information-seeking summer visitor who was seated with a Yankee in a train. He noticed that the Yank's arm was in a sling, so he used that to start his talk. He even used what he thought was typical New

England country talk to be more friendly-like:

"I say, stranger, ain't you broke your arm there?"

"Well, yes, I did."

"Had an accident, I reckon as how."

"Not exactly."

"Wal, then, how in tarnation did ye come to break it?"

"I did it trying to pat myself on the back."

"My land! On the back! Now, what in the name o'Goshen did ye want to pat yourself on the back for?"

"Just for minding my own business."

—Thomas Dreier

Jupiter's Eye

Like a huge, blood-shot eye, Jupiter's Great Red Spot glares malevolently down upon Earth, causing astronomers to scratch their heads in puzzlement. The Great Red Spot, in the South Equatorial Belt of Jupiter first appeared in 1878, and for three years was a good deal more conspicuous than it is now. It has been calculated as being 30,000 miles long and 7,000 miles wide, and varies from a full brick-red color to rose pink. It is situated in a basin called the "Hollow," which can be clearly seen through even a small telescope.

The Great Red Spot has a peculiar habit of periodically dimming and reappearing in a mysterious fashion. Thus, it was quite plain in 1918-19 and in 1936; the "Hollow," however, growing fainter upon each of these occasions. Another of its peculiarities is that it has a motion entirely its own, besides taking part in the general axial rotation of the planet.

At one time it was thought to be the mouth of a gigantic volcano, thrusting its massive way above the clouds that eternally cover the surface of Jupiter, but this theory has since been abandoned. The newest speculation is that it is a potentially new satellite, which is separating from the surface of the mother planet, just as our moon is believed by some to have separated from the earth.

When and if it does separate, it will give the astrologers something new to worry about, while at the same time providing the means for scientists to gain a truer insight into the workings of nature . . .

—Walter E. Klein

The \$75,000 Lock

Probably the most expensive lock ever made was the \$75,000 glittering, jeweled affair which was used at the opening ceremonies of the Greater Texas and Pan-American Exposition at Dallas, Texas, in 1937. It was made, especially for the occasion by Arthur A. Everts, a jeweler of Dallas. Exquisitely designed and executed, the lock contained almost two pounds of platinum and white, green, yellow and red gold. One thousand and fifty-six gems were used in it, including diamonds, sapphires, pearls, zircons, em-

eralds and rubies.

The lock was made in the shape of a heart and bore a map of the Americas. A 14-carat diamond marked the location of the Greater Texas and Pan-American Exposition at Dallas. The keyhole was placed in South America. The shackle bore filigree work of hands clasped in friendship. Suspended from the heart were twenty-one keys, set with diamonds.

Each key represented one of the twenty-one free and independent nations of the Americas. Only by the insertion of all the twenty-one keys by representatives of those nations was the lock opened, throwing wide the gates to the Exposition, the first such example of cooperation between the Americas. The original keys were sent as gifts to the Presidents of the countries represented.

Family Secret

Lincoln's wife often belittled his abilities as a leader of men. "Well Abe," a friend asked him after he had been elected President in 1860, "what does Mary think about your fame now?"

The Great Emancipator shrugged, "Not much," he sighed. "But, then, I suppose that every man's wife has an uneasy feeling that something will happen to open the world's eyes."

The First District Nurses Association has just completed arrangements with the "Blue Cross" PLAN FOR HOSPITAL CARE to open an enrollment for our members.

You probably have received a letter and booklet notifying you of this plan. As you probably know, the "Blue Cross" is the American Hospital Association's symbol — and the 85 approved hospitals in the metropolitan Chicago area sponsor the non-profit organization known as PLAN FOR HOSPITAL CARE. This seems to be one of the best hospital care plans. If you desire to join, return the application card you received — or an information card for more information — to Dorthea Thompson, R.N., President. This "Blue Cross" PLAN FOR HOSPITAL CARE has no connection whatsoever with the Blue Cross Service Guild of St. Luke's Hospital. Do not be confused.

Words At War

No less an authority than the Encyclopedia Britannica reports that World War II is directly or indirectly responsible for the addition of many new words or meanings to our language. Here are some:

Activate, aeropolitics, b a z o o k a, blockbuster, brief, brownout, cargo-liner, chin-turret, co-belligerent, com-

mando, enrich, expeditor, extend, feather-bedding, feather merchant, G. I. Joe, glide-bomb, globaloney, handie-talkie, homeostasis, incentive pay, mission, mock-up, newsmap, pathfinder, pattern-bomb, pesticide, pin-up girl, scuttlebutt, Seabees, shuttle, snafu, sortie, sunstans, trainasium, triphibian, underground, upgrade, walkie-talkie, wolf.

(Continued from page 1)

"Dost thou not fear God seeing thou are in the same condemnation, and we indeed JUSTLY, for we receive the JUST REWARD OF OUR DEEDS?"

This thief admitted his GUILT, but he goes farther. He not only admits that he is guilty but he confesses that JESUS IS GUILTLESS. Listen to him again as he says:

"And we indeed justly for we receive the just reward of our deeds but THIS ONE HATH DONE NOTHING AMISS."

Of course, you know WHY Christ was hung on the cross even though he was without sin! It was for the sins of the world ever since Adam and EVE in the Garden of Eden. This thief realized that Christ was the Saviour of the world and, therefore, HIS SAVIOUR. Now listen to his next words:

"And he said to Jesus Lord. "Lord, Remember me when thou comest into Thy Kingdom."

He called him JESUS, which was His human name and LORD which is His Divine Name. He confessed his sin, acknowledged the DIETY of the Lord Jesus. He accepted CHRIST as the DYING SAVIOUR! Was he saved from sin and eternal torment? Hear the answer of the Lord to this thief!

"This day thou shalt be with me in Paradise."

That is the picture we should remember when we think of Good Friday and the meaning of EASTER.

Not the labor of my hands
 Could fulfill Thy laws demand
 Could my zeal no respite know
 Could my tears forever flow
 All for sin could not atone
 Thou must save and Thou alone.
 Nothing in my hands I bring
 Simply to Thy cross I cling.

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Alumnae Association, St. Luke's Hospital School of Nursing

1946

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Elsa Rudolph
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CENTRAL COUNCIL FOR NURSING COMMITTEE

Mrs. Ann J. Laird, Representative
Ellen Stewart, Alternate

of St. Luke's Hospital School
of Nursing

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Evanston, Illinois

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Mrs. Roselllyn K. Millis,
1642 E. 56th St.,
Chicago, Ill.

The Alumnae



JUNE, 1946

Alumnae Associations, St. Luke's Hospital School of Nursing Officers and Members of Board of Directors 1946

			Term Expires
President	Mrs. Ann J. Laird	'31	1946
1819 Polk Street, Chicago 12	Monroe 3900		
1st Vice President	Myrtle Anderson	'31	1947
8223 S. Sangamon Street, Chicago 20	Stewart 3673		
2nd Vice President	Mary Everett	'21	1946
5424 S. Cornell Avenue, Chicago 15	Plaza 6285		
Treasurer	Mrs. Edna Travers	'26	1946
812 E. 49th Street, Chicago 15	Oakland 5631		
Secretary	Mrs. Rosellyn K. Millis	'31	1947
1642 E. 56th Street, Chicago 37	Fairfax 6000		
Membership Committee	Mrs. Bernadine Ruggie	'43	1947
Relief Committee Chairman	Mrs. Bonnie Versteeg	'30	1946
6711 Merrill Avenue, Chicago 49	Plaza 6867		
Program Committee Chairman	Mrs. Leona Vetren	'39	1946
7659 S. Bennett, Chicago 49	Regent 9043		
Nominating Committee Chairman	Eleanor Holmes	'41	1946
1517 S. Michigan Avenue, Chicago 5	Harrison 6682		
Private Duty Committee Chairman	Nelle McClintock	'10	1947
4252 S. Drexel Boulevard, Chicago 15	Oakland 2706		
Public Health Committee Chairman	Hettie Gooch	'08	1946
1520 S. Michigan Avenue, Chicago 5			
Industrial Committee Chairman	Eve Morkill	'14	1946
21 E. Bellevue Place, Chicago 11	Delaware 5519		
Press and Publication Committee Chairman	Mrs. Madlaine Hopkins	'31	1947
1200 Lake Shore Drive, Chicago 10	Superior 6993		

MEMBERS AT LARGE

Emma Werner	Calumet 7572	'19	1946
1520 S. Michigan Avenue, Chicago 5			
Rita Ashton	Midway 4132	'22	1946
1549 E. 65th Place, Chicago 37			
Alice Sanderson	Webster 2047	'29	1947
1518 S. Michigan Avenue, Chicago 5			
Dorothy Armstrong	Superior 4955	'37	1947
1100 N. Dearborn Street, Chicago 10			

Alumnae Pledge ★

An Assurance of Loyalty

With understanding of and the belief in the
 aims and purposes of the Alumnae Association of
 St. Luke's Hospital School of Nursing, I do sol-
 emnly affirm, that I will endeavor, by my daily
 life and service, to honor always the profession of
 which I am a member.

THE ALUMNAE

Official Organ of
The Alumnae Ass'n. of St. Luke's Hospital School of Nursing, Chicago, Ill.

Vol. LVI

Evanston, Ill., April, 1946

No. 13

A Tribute To Harriet Fulmer

At the presentation of the first copy of the History of St. Luke's Hospital School of Nursing at Alumnae Dinner May 25, 1946.

Tonight is a memorable occasion — first because we have once again been able to resume our annual banquet and because many of our nurses have returned from military service and because it marks the completion of our book "The History of St. Luke's Hospital School of Nursing." Between the covers of this book are written the hopes and accomplishments of the Alumnae Association and of the School of Nursing. Let us pause a moment and pay tribute to one of our graduates who is with us tonight — one who has been a great factor in the development of our Association. Through her generous labors, untiring devotion and leadership in behalf of her alma mater she has served as a constant inspiration to us all. We have had many outstanding leaders of commanding ability but few have brought to the Alumnae Association a deeper and wider knowledge of the problems of the day or a higher gift of acknowledged and inspired leadership. "We do not pause to do Harriet Fulmer honor but rather attempt to catch her stride and march with her" thus spoke Alma Gault several years ago when paying tribute to this beloved nurse and public servant. It is with great pride and satisfaction that I am privileged by the nurses of this association to present to Harriet Fulmer the FIRST copy of "The History of St. Luke's Hospital School of Nursing."

ANN LUCILLE JONES LAIRD, *President*

Entered as second class matter June 17, 1941 at the post office at Evanston, Illinois, under the Act of March 3, 1879. Issued five times a year in February, April, June, October and December, at 1033-35 University Pl., Evanston, Illinois. Subscription price 50 cents a year, or included in the annual dues to members.

ANNOUNCEMENTS

The Year Book has been sent out and should have been received by this time. If your copy has not arrived, please write Mrs. Rosellyn K. Millis, 1642 E. 56th St., Chicago, Ill.

The History of Nursing Book, on which Miss Marie G. Merrill did such a beautiful and interesting job, will be ready for distribution very shortly, we are told. Orders should be sent to Mrs. Rosellyn K. Millis, 1642 E. 56th St., Chicago, Ill. The copies now being printed will be "first editions," of course, and will be sold quickly. The cost is \$2.50 plus twenty-five cents postage. There is a limited supply of a de-luxe edition bound in leather which sells for \$5.00 plus twenty-five cents postage. Get your orders in as soon as possible. The book is very interesting and is one that you will want to keep in your library at home; one that will grow dearer throughout the years. Following are some of the remarks made by people who "should know."

Herma Clark, Editor "When Chicago Was Young," Chicago Sunday Tribune:

"I have been much interested in reading the manuscript of this story of St. Luke's Hospital and its founder, the famous Dr. Clinton Locke of Grace Episcopal Church. Every graduate of St. Luke's School of Nursing will feel a deeper pride in the blue cross on her sleeve as she reads this history written by Marie G. Merrill."

Henrietta Froehlke, Director School of Nursing, Presbyterian Hospital, Chicago :

"Miss Merrill has given to nursing a deep spirituality. Her kindly sense of humor and unusual knowledge of Victorian Chicago will delight readers."

Harriet Fulmer, Fellow of the American Public Health Association:

"At long last, I read with pride, between the covers of this lovely book, the record of "A task well done."

Madeleine McConnell, Director School of Nursing, and Nursing Service, St. Luke's Hospital, Chicago:

"History and tradition are foundations for future growth. Our School of Nursing is proud indeed to have been transcribed such a fine record of the achievements of St. Luke's. The book is a challenge for the future."

Harold E. Jones, M.D., President the Medical Board of St. Luke's Hospital, Chicago:

"St. Luke's Hospital has served Chicago for over 80 years; its School of Nursing 60 years. That the record of the nursing school and its alumnae is to be published will be a source of pride to all associated with the hospital."

Leo M. Lyons, Administrator St. Luke's Hospital:

"This splendid history of the accomplishments of the past sixty years in St. Luke's School of Nursing will serve as an inspiration to all of us. Built upon such a past, the future assures us of a greater St. Luke's Hospital and a greater School of Nursing."

Ellen Stewart, R. N., Chairman History of Nursing Committee, Alumnae Association, St. Luke's Hospital School of Nursing:

"Factual, the presentation is most interesting."

The United States Public Health Services are now conducting a survey of all health organizations in Chicago and Cook County. This survey was suggested by these health organizations with a view of improving the health services.

The next regular meeting of the Alumnae Association will be held in September. The meeting will be sponsored by the Industrial Committee. Miss Joan Y. Ziano, Industrial Nurse Consultant, Division of Industrial Hygiene, Dept. of Public Health, State of Illinois, will be the speaker. Her subject will be "Progress and Trends of Industrial Nursing." The Industrial Nursing Section of 1st District has been asked as guests for the occasion. Miss Ziano is a good speaker and you will want to remember the date in order not to miss a very interesting meeting.

ST. LUKE'S NURSES WHO HAVE SERVICE IN THE CHICAGO VISITING NURSE ASSOCIATION

- 1891 Emily Waken Higgenson
- 1894 Annie Fryar Hutchinson
- 1895 Harriet Fulmer
Beatrice Barter Wagner
Jessie Sutcliffe
Jessie Keys Monnich
- 1897 Alice Page Converse
- 1899 Alice Holden
Victoria Belle Beachley
- 1900 Wilfreda Brockway Deknatel
- 1911 Mabel E. Binner
- 1917 Frances Scoville

Remember to send in your changes of names and addresses. All changes are taken care of by Mrs. Leona B. Fitzmaurice, 5749 N. Fairfield Ave., Chicago 45, Ill.

The Publicity Committee for the History of Nursing Book is as follows:

Mrs. Rosellyn K. Millis, Chairman
Ellen Stewart
Henrietta Froelke
Hettie Gooch
Harriet Fulmer
Mrs. Ann J. Laird, ex-officio

Apology

We are sorry that due to our oversight the name of Marie Tener, Class of 1934 was omitted from the year book. Her address is 828 Eastwood, Marshall, Mo.

We still need October, 1939, April and February, 1940, copies of the Journal to complete our sets for binding. If you have these copies will you please send them to Mrs. Rosellyn K. Millis, 1642 E. 56th St., Chicago, Ill.?

To All Alumnae Associations:

In May you received your first copy of "First," the official monthly publication of First District Illinois State Nurses Association. This is your magazine and the SUCCESS of it depends upon you! To keep this publication alive and stimulating, we need your help — at once and continuously. Events such as new babies, marriages, engagements, deaths, anniversaries, trips, etc., should be known to all

FIRST DISTRICT — not just your Alumnae. If a nurse performs a noteworthy act, put it in "First." Report the dates of your Alumnae meetings, and tell what happens there. Individuals who submit news should sign the contribution. Let us all learn to know First District members through "First." Sincerely, Dorothy Maiwurm, Associate Editor, "First."

Study of the Structure

A letter from Katherine J. Densford, R.N., Chairman of the Promoting Committee for the Study of the Structure of the National Professional Nursing Organization has been received by your Alumnae Association and will be discussed fully at a later meeting. Following are some brief facts to acquaint you with the subject.

1. What is the Structure Study?

It is a joint survey of the organization structure, administration, functions, and facilities of the national professional nursing organizations to determine whether a more effective scheme can be found to promote and carry forward the strongest possible program for professional nursing and nurses.

2. Who is sponsoring the study?

American Nurses' Association, 1897 — membership 180,000

National Organization for Public Health Nursing, 1912 — membership 11,941 individuals, 349 agencies

National League of Nursing Education, 1893 — membership 8,681

National Association of Colored Graduate Nurses, 1908 — membership 1,500

Association of Collegiate Schools of Nursing, 1933 — membership 37 collegiate schools of nursing

American Association of Industrial Nurses, 1942 — membership 3,000

3. Why is it being undertaken now?

Wartime pressures intensified joint planning and coordination of work, thus revealing not only

strengths but inadequacies, gaps, and overlappings which it is hoped the study will help to overcome. Postwar pressures, as great though in different directions, reflect the demand of a growing population for more adequate medical and nursing care, and reinforce the call for a strong, well unified nursing profession.

4. Where does the Comprehensive Program for Nation-wide Action fit in?

Many of the projects in the Comprehensive Program outlined by the National Nursing Planning Committee are already being carried on by one or more organizations. Coordination of these projects is a function of the National Nursing Council, which has been authorized to continue such coordination until the Structure Study Committee has made its report and the plan it proposes has been approved and is ready to operate.

5. How will the study be made?

By gathering facts about the functions of each organization, its resources, its ability to meet current needs. By learning what opportunities are being missed because of current limitations. By finding how the present national structure serves state and local needs and what action community leaders, nurses and others, want from it. By developing a total organization plan in terms of the goals to be reached, and methods of carrying it into effect.

6. How much will it cost?

A tentative budget has been set up with \$25,000 as a minimum for getting the study under way.

7. Who will pay for it?

Early stages of the project were financed by the organizations themselves. A small contribution from each of them set the program in motion. The committee is now canvassing individual members of the organizations concerned. Gifts large or small, from nurses and from friends of nursing, are at present the only resource if the study is

to be made. An encouraging response resulted from a relatively small number of letters sent as a test in January. Now an appeal is made to every nurse to contribute to the fund.

8. How will such a study benefit the individual nurse?

Anything that will make the nursing organizations more effective will influence the status, the practice, and the welfare of every nurse. To her strength as an individual in facing the critical choices of the times is thus added the strength of other nurses and friends of nursing, channeled through organizations geared for forceful action in fields which affect her directly — whether in education, legislation, community relations, or any other.

May 21, 1946

Dear Mrs. Laird:

I believe at no time in the history of the Alumnae Association, Illinois Training School for Nurses, have we ever felt so utterly helpless and let down when it became impossible for us to carry out our plans of May 7, 1946, to entertain the St. Luke's Alumnae.

I have no doubt in my mind that your Alumnae fully understood our situation at that time. We are, however, contemplating the fulfillment of our past invitation to our October meeting, which will be Tuesday, October 1, 1946.

Hoping this will fit in with your Alumnae calendar and that we may again anticipate the pleasure of having you with us, I am

Yours sincerely,
(Signed)

Aileen Hartsema, R.N.

President, Alumnae Association
Illinois Training School for
Nurses

May 24, 1946

Dear Mrs. Hartsema:

Thank you for your kind letter inviting the members of St. Luke's Hospital School of Nursing Alumnae Association to your October 1, 1946 meeting. Since that is our regular

meeting ~~night~~ and according to our by-laws it is necessary for us to have a business meeting on the first Tuesday of each month from September through April it will be impossible for us to accept your nice invitation.

We, too, were sorry that circumstances beyond your control prevented you from entertaining our Alumnae Association on May 7 as planned. The first Tuesday in May is a convenient time for us to accept an invitation and we would be happy to consider that date in 1947 for an invitation to join with you for an evening.

Our best wishes to you and your fine organization, The Alumnae Association Illinois Training School for Nurses.

Yours sincerely,
Ann Lucille Laird
President
May 13, 1946

Dear Mrs. Laird:

As you know the State Legislature will be meeting early in 1947.

In a legislative year it is extremely important for the Committee on Legislation to be prepared for any legislation affecting Nursing which might be introduced.

For this reason the Legislative Committee of First District wishes to have a strong working Committee composed of a representative from each Alumnae Association in the District.

We are asking you, as president to appoint a member of your association as soon as possible, and send her name, address and telephone number to First District Headquarters.

The assistance which your Alumnae can offer in this way will be of real help to your District.

Very truly yours,
(Signed)
Margaret M. Phelan, Chrm.
Committee on Legislation
First District
Illinois State Nurses Assoc.

If you have late or present addresses of the following, please send them in to the chairman of the Press and Publication Committee;

Lt. Elizabeth F. Anderson
Lt. Mildred Brate
Ens. Josephine Bush
Lt. Mary Castle

Lt. Dulcie Chinn
Lt. Margaret Rieber Cooper
Lt. V. Elaine Cooper
Lt. Barbara Crawford
Lt. Beulah Dittoe
Lt. Shirley Riersen Eulberg
Lt. Miriam Godshall
Lt. Elizabeth Jensen
Lt. Hilda Kellermeyer
Ens. Nathalia Knox
Lt. Louise M. Milne
Lt. Mary Ann Moss
Lt. Johanna Poth
Ens. Anne Tapping Rife
Lt. Kathryn Snyder
Lt. Barbara Southoff

Meat in Pregnancy

Taking a generous serving of meat every day, in addition to the self-chosen diet, is a nutritional recommendation of value to pregnant women, according to studies by Dr. Ruth M. Leverton and Dr. Thelma J. McMillan. Meat is selected as the easiest simple way of securing sufficient good protein; other protein foods of high biologic value might theoretically do as well. Women in the cases studied were given an extra five-ounce serving of meat every day, in addition to their regular diets, and in comparison with pregnant women who did not get the supplement, their success in nursing offspring was much better, the red cell and hemoglobin values of the blood were about 20 per cent higher, and most of them commented that they "did not feel so tired all the time" as they had during other pregnancies.

There is also a taxi-shortage. There is now one taxi to every eight hundred people in New York (which sounds luxurious enough, but is said to be an all-time low). At any rate, people who have been accustomed to use cabs now take the subway. Which reminds us of a man we know who got into the subway at the rush hour. The crush was unbelievable, he wasn't used to it, and he began to feel ill. He couldn't get out, he couldn't move an inch in any direction, he was steadily getting worse. In despair he spoke to the man holding the strap next him. "How do I look?" he asked. To which the stranger replied, "I've never seen you looking better in my life!"

MARCH OF TIME

1896

Jessie Lawrie writes: "I've been wanting to write and tell you how much I am enjoying the Alumnae Journals. They mean a great deal to me. I feel I am in touch with St. Luke's and all of you. There have been such fine articles. The April issue with the article "What does friendship mean to you" was so good. Thank you for the article "To our own Annie Laurie" in the April issue. It was a beautiful tribute. I certainly do appreciate all your thought and love. The Memory Garden is well on its way. I have a large round bed. In the center I have a cross — 2 feet across and 2 feet in length. It is of blue ageratum. All around it is a border of Sweet Alysium to bring out the cross. The blue cross is my alumnae symbol and all around in the garden are nasturtiums, pink petunias, pansies, our St. Luke's daisy, zinnias and a hedge of Sweet Peas. Nearby is a fountain and rock garden. We won't have the fountain playing this Summer — too much work, but the family have filled the many pots in and around the fountain with pink petunias and lots of portulaccae around the base. It will be colorful. The peony bushes are full of big fat buds, the lilacs are in bloom, violets are all over the yard and a big bed of lillies-of-the-valley are lovely now. So you see I am truly a country gal with a garden and I love it. Best wishes and love.

"Annie Laurie"

1904

Christine Udell writes from Detroit that she is very happy in her little shop and makes far more than she ever made at nursing, even with "this darned OPA, but I'm praying that they keep it in operation just the same." She says she is through with nursing and feels she did her bit. She does not like Detroit and sometimes yearns for Chicago and promises to come back some day but not to nursing.

1906

Maud Gooch is resigning her position at the Kathryn Legge Memorial in Hinsdale, Illinois, on July 1. Happy

news for her old friends at St. Luke's Hospital is that Miss Gooch will relieve night supervisors at St. Luke's Hospital during August and September, but sad news is that she will be leaving the middle West to go to California about October 1. Miss Gooch will live at 1520 S. Michigan Avenue while relieving at St. Luke's Hospital.

1921

Helen Reinbach, who is industrial nurse consultant for the Kansas State Board of Health, attended the 4th Annual Meeting of the American Association of Industrial Nurses held in Chicago April 10 to 14 at the Hotel Sherman. St. Luke's Industrial nurses had a get-to-gether at the official luncheon and were happy to welcome our distinguished alumnus.

Ruth Sackett Zinke and her husband have bought a new Summer cottage on Lake Winnebago near Fond du Lac and Ruth is very busy getting it in order and planting a garden.

1922

Dorothy Sawbridge Henes of Menominee, Michigan, was operated at Presbyterian Hospital in February. We hope she has fully recovered by this time.

1930

Rhoda Frid, Mr. and Mrs. Lester Gerber and Dr. Francis L. Lederer held the social spotlight at the Illinois Eye and Ear Infirmary at a tea held on Thursday, February 21, in their honor. Miss Frid was Chief Nurse of the 27th Evacuation Hospital, University of Illinois Unit, for the past three years and is the newly appointed Director of Nursing Service at the Infirmary.

1931

Marie Klein spent six weeks in Palm Beach, Florida, convalescing from an operation. She is recovered and is back at work with the Red Cross in Aurora, Ill.

Elsie Hoine has been released from the Army and is now taking a business course.

Eleanor Criger has recently been hospitalized — surgery — but is up and about again, doing very well. Her

position entails much travel taking her into almost all the states of the Union.

Rose Barret is working on her master degree at the University of Chicago.

1933

Congratulations are in order on the promotion of Mary Anne Harrington to Lt. Commander in the Navy. She writes: "Am planning to stay in this man's Navy for a while yet. May get orders to some distant place. It does happen, you know, when we least expect it. I've enjoyed the Navy so very much and was fortunate enough to see quite a lot of the South Pacific during the war. The only hard part of this military life is that we get so little time to go home. Perhaps in peace time I shall get more than ten days leave at a time. Hope so, for nothing would please me more than to go home for a month." Lt. Commander Harrington is now at the U.S. Naval Base at San Diego, Cal.

Mary Stone is working at Hines Hospital and enjoys it very much.

1934

Ola Mae Dilts Olson writes: "Dr. Olson is a civilian again and is taking a P. G. course in Surgery at N. Y. University with clinics at Bellevue. He is enjoying his course, but, of course, we will be glad to be settled in our own home again. I am working in the Margaret Sanger Research Bureau (Birth Control and Fertility Clinics) and am enjoying the work very much (though I'd rather be back with my friends in the Social Service Department at St. Luke's)."

Lt. Evelyn Stubbs has been on sick leave in Florida from the Woodrow Wilson General Hospital, Staunton, Va. The hospital has been closed recently. Lt. Stubbs is now on terminal leave and expects to be discharged on June 30. Her address is Earlehurst, Va.

1937

Shirley Rierison Eulberg is living in Alhambra, Cal.

Ruth M. Boyles has been appointed Director of Nursing Service at the Christ Hospital at Topeka, Kansas. Congratulations!

1941

Wanda Watson Wollenberg has moved to Matteson, Ill.

Doris Fuller, of the Operating Room staff at Illinois Research Hospital, has tendered her resignation to take effect on April 30. Doris is a real loss to the institution since she is unusually well qualified both in training and experience, having spent two and one-half years in the African, Italian, and French theatres of war. On June 1, she will enter Texas Technological College at Lubbock, Texas, to study textile engineering. (U. of I. Faculty News.)

1945

Mrs. Margaret Weldon Worgess at Battle Creek, Mich., writes: "Due to being the wife of an Army doctor, we are constantly moving and your card caught up with me in the middle of March, just when my husband had received overseas orders and had to report to Utah. I followed him and was with him for one month. Came home because he sailed for Guam on April 25. As for my activities are concerned, they have been rather limited because of our moving. We have lived in Pa., Va., N.Y., Mich., Ill., Texas and lastly, Utah. I did some nursing in Michigan and again in Pennsylvania. Met a few St. Luke's graduates in my travels. They were Mrs. O. B. Rowland (Lillian Drost of the class of 1945A), Miss Carolyn Schlegelmilch of the 1942 class, in Carlisle, Pa. Down in San Antonio, Texas, met Dr. and Mrs. Weary (Sue Hodges) and Miss Jonas of A.N.C., who was working at Brooke General Hospital, Ft. Sam Houston. At present I am living with my mother and father here in Chicago but will be moving back to Michigan this Fall."

Influenzal Meningitis Potentially Contagious

A warning that influenzal meningitis is a potentially contagious disease despite general beliefs to the contrary is contained in a recent report by A. J. Hertzog, Isabell Logan Cameron and A. E. Karlstrom, Minneapolis. They report the cases of two brothers fatally stricken with the disease. The older, aged 4 years, died within twenty-six hours after onset of the disease and the younger, aged 2 years, became ill two days later and died within fifteen hours.

Homecoming Tea

The Homecoming Tea was "the best ever" with the largest attendance for a long time. Following is the program:

Entrance of Senior Class of 1946
 Pageant — Uniforms from Sairy
 Camp to the modern uniform of
 the Army
 Greetings from Mrs. Hixon, Chair-
 man Nursing Council
 Greetings from Mr. Lyons, Hospital
 Administrator
 Greetings from Miss McConnell, Di-
 rector of Nurses
 Response from Mrs. Laird, Presi-
 dent of Alumnae
 Presentation gift Class of 1920 —
 Silver tray and servers
 Presentation gift from Class 1921
 — Silver tray and serving spoons
 Presentation gift from Class 1946
 — Silver candlesticks
 Presentation of Banner to Class
 1947 by Class 1946.

Text of Mr. Lyon's speech at the Nurses' Homecoming, taken chiefly from the motto which hangs over the desk of Gen. MacArthur.

"YOUTH is not a time of life — it is a state of mind. It is not a matter of ripe cheeks, red lips and supple knees; it is a temper of the will, a quality of the imagination, a vigor of the emotions, it is a freshness of the deep springs of life.

YOUTH means a temperamental pre-
 dominance of courage over timidity,
 of the appetite for adventure over love
 of ease. Nobody grows old merely
 living a number of years; people grow
 old only by deserting their ideals.
 Years wrinkle the skin, but to give up
 enthusiasm wrinkles the soul. Worry,
 doubt, self-distrust, fear and despair
 . . . these are the long, long years
 that bow the head and turn the grow-
 ing spirit back to dust.

You are as young as your faith, as old
 as your doubt; as young as your self
 confidence, as old as your fear; as
 young as your hope, as old as your
 despair.

When your heart is covered with the
 snows of pessimism and the ice of
 cynicism, then are you grown old in-
 deed and may God have mercy on
 your soul."

Graduation

The St. Luke's graduation services are always a thrill to all who attend. This 1946 service for 89 nurses was no exception. The Commencement Address was given by the Rev. Bernard Iddings Bell, D. D. Following are the award winners:

Pres. Board of Trustees Award to out-
 standing medical and surgical nurse
 — Virginia Tracy

Mrs. Chas. H. Morse Award to out-
 standing "all-round" nurse — Mild-
 red Vernosh

Martha H. McCullough Memorial to
 outstanding bedside nurse — Mar-
 garet Munro

Chas. H. Schweppe Memorial Award
 to outstanding psychiatric nurse —
 Lois Schlintz

Mrs. John W. Gary Award to out-
 standing obstetrical nurse — Mitzi
 Garlick

Harriet Fulmer Award to nurse with
 highest scholastic standing — Mitzi
 Garlick

Woman's Board of St. Luke's Hosp.
 Award to outstanding pediatric
 nurse — Nancy McKisson

Woman's Board of St. Luke's Hosp.
 Award to outstanding operating
 room nurse — Marilyn Kasbaum

It is well for us to be reminded
 every year of the Class Hymn, which
 really is the prayer of every one who
 receives a diploma from St. Luke's
 Hospital School of Nursing.

"O Master, let me walk with Thee in
 lowly paths of service free;
 Tell me Thy secret; help me bear the
 strain of toil, the fret of care.

Help me the slow of heart to move by
 some clear, winning word of love;
 Teach me the wayward feet to stay,
 and guide them in the homeward
 way.

Teach me Thy patience; still with
 Thee in closer, dearer company,
 In work that keeps faith sweet and
 strong, in trust that triumphs over
 wrong.

In hope that sends a shining ray far
 down the future's broadening way,
 In peace that only Thou canst give,
 with Thee, O Master, let me live.
 Amen."

Banquet

It seemed wonderful to resume the Spring Banquet. This one was especially lovely, it seemed. The spirit of friendliness and unity was keenly felt and everyone seemed to have a very good time. Little groups here and there greeted others with glad shrieks of oh's and ah's and ee's and every one seemed happily surprised that the other one was able to come in. The Speakers' Table was graced with former Supt. of Nurses, Mrs. Ada Reitz Crocker, present Supt. of Nurses, Miss Madeleine McConnell, the Executive Board of the Alumnae, Julia Dawson, who came all the way from Toronto, Canada, Ann Pearse, Jessie Lawrie, Mrs. Kathryn S. Gruber, Miss Marie G. Merrill, who did such a splendid piece of work on the History of Nursing Book, Harriet Fulmer, who received special tribute for her glorious spirit and help through the years and who responded for the Class of 1895, Gertrude Boehner Hunt who responded for the Class of 1920, Gail Fauerbach Tufts, who responded for the Class of 1921, Lorrain Broz, President Class 1946A, and Anne Hennig, President Class of 1946B.

The speeches were short, humorous, interesting and well given. Miss Mildred Pringle came in from Arizona and would have been at the Speaker's Table had the Committee known she would be able to make the trip. Many who could not come out were missed, chief among them was Maud Gooch, one of the highlights of the banquet. However, we all look forward to next year when, we hope, our banquet will be held without the worry of rail strikes, food shortages, clothing shortages and all the other things which keep worrying us at this time.

One ship sails East
And another sails West
With the self same winds that blow.
'Tis the set of the sail
And not the gale
Which tells the way to go.
Like the winds of the sea
And the ways of fate
As we voyage along through life
'Tis the set of the soul
That decides the goal
And not the calm or the strife.
Ella Wheeler Wilcox

Welcome Address At Alumnae Association St. Luke's Hospital School of Nursing Dinner May 25, 1946

Honored guests and members we are privileged to meet here tonight in a spirit of happiness and well-being because we are assembled together again as sisters reuniting at our traditional dinner after the war years of separation.

From our History of the St. Luke's Hospital School for Nursing, which is to be published soon, I take Miss Marie Merrill's quotation from Walt Whitman's Leaves of Grass as my welcome to you.

"Tis not the present only,
the past is stored in thee,
with thee time voyages.
But thou shalt face thy fortunes,
thy diseases and surmount
them all
in an education grown of thee
in teachers, studies, students
born of thee."

It is out of our past that we build today and the tomorrow. Our parent school gave us a heritage that has the spirit of stability, honor, strength and humility. Time has traveled for over sixty years in St. Luke's Hospital School of Nursing and it has gathered many hardships and adversities along the way as it has also gathered progress and growth. The past is stored in us by all of those able leaders and teachers who pioneered the way in the care of the sick, in the training and education of the student-nurse, in the guidance of the graduate nurse, in teaching health to the community and in assistance to and in co-operation with the medical staff.

Our honored guests are those members who graduated fifty or more years ago and the classes of 1920-21. They are among those who have assisted in the building of our school in the past. And our 1946 class which is a part of that past and not just the present only. We are an integral part of that which has gone before us and together we face our fortunes and our problems and we surmount them through advancement in the education of our Nurses. It is with pride

that we know that Nurses from St. Luke's Hospital School of Nursing are serving humanity all over the world in many positions of leadership and service. It is always with undisguised pride that we say that we came from St. Luke's. This pride of ours has grown with the years, it has grown with the reputation of many of our able members, it has grown with the distinction our School has achieved in the branches of learning in Nursing education.

Time is short and apparently getting rapidly shorter. Schools such as our own under the vigorous leadership of our Director of Nurses, Miss Madeline McConnell, will join hands with enlightened women and men everywhere, in the church, in universities, in business, in industry and labor, in the professions, in statecraft, to strive for the realization of our native American spirit and for greatness in the new world in which we live.

Our thinking and planning for democracy must be bold and dynamic drawing upon the talents of individuals and upon the social discipline of the group. Our system must not falter. One of education's primary tasks is to teach us self discipline and social controls to re-solve our differences rationally and peacefully. Our greatest asset is our native selfless Christian spirit that founded this great Nation and unified and preserved it from internal division.

And so tonight we stand together at the crossroads in not the present only but in the past that is stored within us and in the future that faces us with a challenge of tasks yet to be done.

Please accept my words of greeting and welcome and all good wishes which I have the honor to extend to you on behalf of the Alumnae of the St. Luke's Hospital School of Nursing.

Ann Lucille Laird,
President

Constructive Literature

When the young in the home
Ask the loan of a tome,
Do not glow with the thought
They're improving the brain.
It's more often than not
A support for a train,
Or a hill or a bank
For the treads of a tank.

Harriet Fulmer's Response to the Gift of First Copy of History of Nursing Book

"The noise you hear is my throbbing heart — the silence is because I am speechless. When I recover I shall have no vocabulary. You should have given me a large dose of aromatic spirits. Why I should be given this unprecedented gift, I do not know. In the dark of the night, I, no doubt, have thought out some useful things for our profession but, only you who have carried out my plans, should reap the reward. It is you who have borne the burden and heat of the day — and to you should go the credit. Some one asked me why I was so happy. I say frankly because I've had a front seat at a gorgeous matinee, and sat close to "opportunity" just like the rest of you." Miss Fulmer went on to say that she had been termed a pioneer but that anyone who steps out and does something different is a pioneer and that the 1946 Class were potential pioneers just as is every one who has been graduated from St. Luke's. She closed with this little poem — author unknown.

He is the pioneer who climbs
Who dares to climb
His own high heart
Although he fell
A thousand times;
Who dares to crawl
On bloody hands and knees
Along its stony ecstasies
Up to the utmost snows;
Nor knows
He stands on these —
Or knowing, does not care
Save to climb on from there.

The Real Reason

"I've had to give up meat."
"The doctor's orders?"
"No, the butcher's demands."

Steinmetz, the great scientist hunchback said:

The world's next great step is not in the realm of science or materialism. It is in the Realm of Spirit and the world will then make the greatest progress of all time.

Regrets

Class of 1890

The son of Mrs. Fred W. Rumpf (E. J. A. Cuthbertson) writes: "Mother asked me to write you that she will be unable to attend the Spring Banquet on May 25. She appreciates your kindness in asking her as one of your guests of honor and hopes that your banquet will be a great success."

Class of 1891

Elizabeth D. Bush writes: "It is a matter of deep regret to me that, owing to distance and ill health I shall not be able to accept the invitation to be with the St. Luke's nurses at their Banquet this year and that I may only extend to them each and all my very best wishes and regards from afar."

Class of 1892

Emma Dawson Self writes: "It is a great thrill being invited as a guest of honor to the Alumnae Banquet at the Blackstone and I regret exceedingly not being able to accept. My graduation as a nurse from St. Luke's Training School led me on a strange and varied career, taking me to every state in the union and from coast to coast in Canada, for I was born a restless mortal and loved changes. I am sure you will have a happy reunion on the 25th and I should love to be with you. Congratulations to all able to be present on this most enjoyable occasion."

Class of 1894

Maud Start Anderson writes: "I regret exceedingly that I shall not be able to accept the very gracious invitation of St. Luke's Alumnae to be a guest of honor at the Spring Banquet to be held in the Crystal Ballroom of the Blackstone Hotel on May 25th."

Marie Davis Cuthbertson writes: "Please convey to the Alumnae Association my deep appreciation and thanks for the very kind invitation extended to me to be an honor guest at the Spring Banquet May 25th. I regret exceedingly that as I will be in Louisiana visiting my son and his family on that date I will, therefore, be unable to accept. Best wishes to all for a jolly happy reunion."

Annie MacKenzie Watt writes: "Instead of replying to you formally

I would like to tell you what pleasure the invitation of the Alumnae Association sent me has given and how much. I wish I could accept it but it is impossible. It is a long time since I graduated and I fear there may not be many of my classmates at the Banquet. Miss Fulmer will probably be with you. I am always very proud to remember that I gave her part of her training. She is such a remarkably fine and able woman — a credit to St. Luke's, indeed! May your evening together be a very happy and successful one. I send my sincere thanks for your kind invitation."

Class of 1895

Marie Walker Taylor writes: "Your cordial invitation received and I most regretfully have to decline on account of distance and ill health. I would dearly love to be at the Homecoming Program and hope everything will be most successful."

Christina MacLennan writes: "It would give me much pleasure to be with you but I regret very much that I shall be unable to do so. Wishing you a very happy reunion, good weather and great success on May 25th."

Class of 1896

Jane T. Taylor writes: "With much regret I write to say I'll not be able to attend St. Luke's Alumnae Association Spring Banquet. However, I greatly appreciate being included in the list of honor guests. It is hard to realize that it was 50 years ago that we, the Class of 1896, knelt at the altar in St. Luke's little Chapel and were presented with our Blue Cross pins and sent out into the world to "Heal the sick that are therein and say unto them the kingdom of God is come nigh unto thee." Hard as it seemed at the time, I have been grateful for St. Luke's strict discipline and careful training that enabled me to meet more wisely the many difficulties that confront us all as we travel the rugged upward path. Greetings to St. Luke's and happy days ahead for all the world."

Class of 1899

Adda Eldredge writes: "It is with deep regret that I have to decline the invitation to "our" banquet. Having

been South this Winter, I can hardly make another trip this Spring. It is 47 years since my graduation. The class will, however, be well represented by May Collins who is always there. My greetings to every one. I am well and happy. I have a new great nephew who is also the grandson of Helen Badenoch Orr, Class of 1905. Altogether I have 9 great, great nephews and nieces. Two of the fathers were born at St. Luke's. It is very interesting to be living in these strenuous times. I enjoy the Alumnae Magazine, also St. Luke's News — though most of the names are new to me. Only one other St. Luke's graduate living here, Anne Manuel Benson, Class of 1911, who was my pupil and also taught when I did. I saw Olive Pendell in Marquette. Miss Groppe came in to see me last week. I have heard from Ethelyn Peterson. Also had a note from Miss Woodworth, Ass't. when I was in training. She is living in Hartford, Conn. I envy everyone who is there for the graduation, homecoming and the Banquet."

Class of 1902

E. Gwynedd Webster writes: "I regret that distance makes it impossible for me to accept the Alumnae Association invitation to the Spring Banquet on May 25th. Please extend my congratulations and best wishes to the graduating class."

Class of 1915

Attalee May Buckingham wires: "Regret railroad strike makes it impossible to attend Banquet. Please extend greetings to all members of my class present and to those who remember me. Best wishes to the Class of 1946 for a happy and successful future."

Class of 1919

Esther Cox Gregg writes: "So sorry I will not be able, because of my public health nursing duties, to be with you at the Spring Banquet. Best of love to all my St. Luke's friends and especially Class of 1919."

Minnie L. Young writes: "I regret that I will be unable to attend the Spring Banquet on May 25th. I hope it is a great success."

Ella G. Best and Nell V. Beeby wire: "Congratulations to the graduating class and best wishes to Class of 1921 and all our other friends."

Class of 1920

Martha Longua Jelinski writes: "I am very sorry I won't be able to accept the Alumnae invitation to the Spring Banquet. It just so happens that two other important events occur about that time. Our oldest son graduates from high school and a very dear niece graduates from St. Mary's Hospital training school, Rochester, Minn. I will miss this opportunity to meet again old friends and associates."

Lois Newton Lowrey writes: "In reply to the invitation to the Spring Banquet for St. Luke's Alumnae on May 25th, I regret to inform you that I shall not be able to attend this year. However, I do appreciate the invitation and wish to thank you and the Alumnae for remembering me. My greetings and best wishes to dear old St. Luke's."

Luella Bailey Burns writes: "It is with deep regret that I will not be able to accept the St. Luke's Alumnae Associations invitation to the Spring Banquet May 25th. For several years I've been looking forward to our 25th class reunion — was all set for last year. Had I known of this affair a day sooner, I would have changed some plans — for on Friday I had my tonsils out. Was through Chicago the first part of April to a visit with my sister. I do wish you a successful reunion — and so sorry I will not be able to be with you in person. I'll be thinking of you all."

Jean Forrest Clendenning writes: "Sorry but it is impossible for me to attend the St. Luke's Spring Banquet. Hope it is a big success and you all have a good time. If anybody there remembers me, please say hello to them for me."

Esther G. Boren wires: "Kindly extend my best wishes and greetings to our class and the alumnae. I regret I am unable to be present for the occasion. I plan in the near future to donate to St. Luke's Hospital a Boren Plastic Bassinette."

Class of 1921

Mary Orbison writes: "I am replying for Theo Whalen, too. Her husband was killed in an auto accident the week of May 4. She regrets not seeing the Class of 1921 and appreciates the invitation. A newly acquired job seems to make it unwise for me to try to come. Theo and I are both

sorry not to be among the present for we had counted on it for many years."

Irene M. Sweitzer writes: "Thank you for your kind invitation to be a guest of honor at the annual Alumnae Banquet. However, time has taught me not to expect much from life and I do not plan more than an hour ahead. Pessimistic, you say. No, my dear, I only happen to be one who has met with one too many disappointments and reverses through the years. In this age of high cost of living and hunger in foreign lands, if I accepted now, but found within a day or so of the time for the banquet that it was impossible for me to go to Chicago. The Alumnae would have to pay \$3.00 needlessly and the food would probably be wasted. Gratitude and the kindest of thoughts of you all go with this message. My, how I wish I could say Yes, but as so oft before, my answer must be no, thank you. I am so sorry. Unless I am able at the last minute to go to Chicago and to the graduation, I shall be with you all in mind during these three interesting days. I shall try to picture the 1920 Class, the 1921 Class, the graduates and Alumnae members at the Banquet. My best wishes for one of the most splendid and inspiring events in St. Luke's nursing history are extended to all. Again, thank you and may God have His blessings on you all."

Margaret Mathis writes: "I regret very much not being able to attend as guest of honor, Class of 1921, the Alumnae Banquet May 25th. Transportation tie-up, and slow delivery on my new car — makes it impossible. My very best wishes to all of my Class who are present as well as all St. Luke's."

Esther Ballard Hendrickson wires: "Due to transportation difficulties unable to attend Banquet."

Clara Fuller Lillye wires: "Greetings from California and congratulations to Class of 1921 of St. Luke's. Sincerely wish I could be with you tonight."

Class of 1923

Rosaellen Churchill Michael writes: "I deeply regret I cannot be present for the Banquet and home coming tea. Congratulations to the Class of 1946 and greetings to all."

Class of 1925

Barbara Janata wires: "Regret exceedingly that I cannot be with you

tonight. The pressure of work at present makes it difficult for me to be absent long enough to make the trip to Chicago. Trusting you are all happy and in good health. May we all be together in 1950."

Class of 1929

Ruth Williams Stockig wires: "Congratulations Class 1946 and best wishes to Class of 1929."

Class of 1934

Margaret Quigley Casselman writes: "I regret that I shall be unable to attend the Spring Banquet May 25th. Please extend best wishes to the Alumnae."

Class of 1937

Edna Fletcher Soltau writes: "Sorry I will be unable to attend the Spring Banquet again this year. Best wishes and regards to everyone, especially the Class of 1937. We are enjoying a complete family now. My husband has just returned after eighteen months overseas, so we have just returned from a lovely vacation. I hope the Banquet is a huge success."

Class of 1940

Dorothy Ramsdell Crete writes: "I am indeed sorry I will be unable to attend the Spring Banquet of the Alumnae Association. I wish you all a successful and pleasant evening."

Class of 1942

Alvina Gustafson writes: "Received invitation to attend the Spring Banquet but will be unable to do so this year. Know you will have a grand time and hate to miss it, but at present have taken a civilian nursing job having recently been discharged from the Navy Nurse Corps so will not be coming to Chicago at this time."

Class of 1944

Mona L. Moughton writes: "Thanks very much for the invitation to the Alumnae Banquet and graduation. I would very much like to attend. There are so many of the girls back from Service I would like to catch up with once again. However, I work nights here — am the only graduate from 11-7 and it is practically impossible for me to get away on a week-end. Maybe I will have better luck in the future."

Dorothy Robinson Wernecke writes: "I am very sorry that I will be unable to attend the Alumnae Banquet this year."

Letter of the Month

"After my two years in Bellevue (1884-86) and graduation, was appointed Night Superintendent for a year. During my free half-hours on quiet nights on that duty, I prepared and wrote up the material for my small book, "Materia Medica for Nurses."

I was brought to think of it by the scarcity of such material for nurses. There were, actually, no books on materia medica for nurses to study. Yet, in Bellevue, we were expected to learn a great deal about drugs, for in those days the medical staff gave drugs lavishly, even often the most dangerous poisons, in big doses — leaving with the nurses such orders as this:

"Stop giving" when such and such symptoms appear.

As an instance, "respirations must not go below 8 or 10."

To get his knowledge, nurses had to buy expensive medical books and pick out what was useful for them to know. It was entirely my own idea to attempt this and even my classmates were surprised.

To collect material, I wrote letters to several standard medical authors, asking permission to cull from their works. I was totally inexperienced in such approaches to eminent men, but "ignorance is bliss" and I sent off my letters.

A very eminent British M.D. (Dr. Brunton, I think) wrote a kind and courteous letter giving his friendly consent. Others wrote a few words. Dr. Wood, whose book cost five dollars, wrote a rather snappy consent, adding to it "but do not eviscerate my volume." I am sorry I did not keep these letters.

In the mornings after breakfast, I copied it and it was sent to the publishers in long hand. Even at that it had a narrow escape. I sent it to Putnam's with a letter but no previous communication — not a word — by a messenger boy — and, in some way it was found on the floor later. Meantime I was staying with a sick friend and was surprised by a visit from one of the firm, quite a charming young man, who came to ask about it and who was evidently quite surprised by my uniform, cap and apron. (I

think the uniform did the trick.)

It was taken up by Mr. Savage, the mildest man in the firm, who dealt with authors. As it was a new venture and I was unknown, Putnam's required me to pay for the printing. This I did, after surprising my father by a request for a loan. The cost was small, and, to everyone's surprise, it was soon repaid. I believe it was the first book of the kind written by a nurse. It had a long run, going out of print in the early 1940's. Diana Kimber's "Anatomy" followed, and a new and remunerative line opened up for publishing firms."

Lavinia L. Dock

Thank You!

Dear Friends:

I hope these words will convey to you the deep gratitude with which I accept your expression of kindness. I realize how busy your lives are, your personal responsibilities, and how little time you have outside your working hours, and yet can stop and think of one who has become inactive. Knowing this gives me the courage to go on. God bless you all and thank you from the bottom of my heart.

Sincerely,

Ione K. Schwartz,
7456 South Shore Drive

A Friend In Need Is A Friend Indeed

An "organization" consisting of Mrs. Arthur Terry of Short Hills, New Jersey, is now in its twelfth year of collecting and distributing eyeglasses to the needy who cannot afford to buy them. To date more than 18,000 persons have benefited from this one-person social service agency. Old spectacles are sorted by the Junior League. All lenses are removed, except the magnifying-glass type, which are distributed among the aged. The gold content is sold to pay expenses — postage and new lenses, as prescribed by an oculist. All of the old lenses are sent to the Seamen's Church Institute resident optician. He regrinds them to new prescriptions and they are put in new-style frames. Some fifty welfare agencies refer cases to Mrs. Terry, who devotes two days to interviewing them and seeing that they get the lenses prescribed by oculists.

In Memoriam

The St. Luke's Hospital Alumnae Association extends deepest sympathy to Mrs. Nell Showalter Etzler, Class of 1917, in the death of her brother on April 28. We understand that his death was caused by an automobile accident.

* * *

The St. Luke's Hospital Alumnae Association extends deepest sympathy to the family and friends of Augusta W. Plath, Class of 1939, who passed away as the result of broncho-pneumonia. Augusta was a lieutenant in the Army and was located at Camp Grant, Ill., until a week before her death, when she was transferred to Fort Wayne Camp, Detroit, Michigan. She was buried at Quincy, Ill.

* * *

The St. Luke's Hospital Alumnae Association extends deepest sympathy to the family of Mrs. Wm. L. Wilson (Julia Milligan, Class of 1897) in the death of Julia Milligan Wilson on March 16, 1946 at the age of 75. Mrs. Wilson was the wife of the late Dr. William L. Wilson, who interned at St. Luke's Hospital, and who was an instructor on the nursing staff. Dr. Wilson passed away in 1927. Surviving are a daughter, Dorothy Wilson and a son, Paul Wilson, of New York; also a sister, Mrs. Helen Milligan Zimmermann of Hinsdale, Ill.

The St. Luke's Hospital Alumnae Association extends deepest sympathy to Helen McNab, Class of 1905, in the death of her brother, Joseph McNab, recently. Mr. McNab, former Evanston corporation counsel and a Chicago attorney for 50 years, died in the Evanston hospital. His home was in Plano, Ill. He became ill while on a Winter vacation in Florida. He is survived by his widow, Mrs. Edna Coe McNab, three daughters, three sisters and a brother.

* * *

The many old friends of Dr. L. E. Frankenthal will be sorry to hear of his serious injury and death as the result of a fall. Dr. Frankenthal was a staunch friend of St. Luke's and a devoted supporter of the nurses at all times. For many years a beloved member of the staff, he also gave his time as a lecturer on gynecology and obstetrics to the student nurses.

Our deepest sympathy goes to Mrs. Frankenthal (Annie Nourse, 1890) and to their son.

* * *

Word has also come of the recent passing of Dr. E. Melville Hardie, a member of St. Luke's staff many years ago and a specialist in ear, nose and throat. May we express our sympathy to Dr. Hardie's family.

SALUTATION OF THE DAWN

Look to this day!

For it is life, the very life of life—
In its brief course lie all the verities
and

Realities of your existence —
The bliss of growth
The glory of action
The splendor of beauty.

For yesterday is but a dream
And tomorrow is only a vision,
But today well lived, makes every
tomorrow

A vision of hope, and every yesterday
A dream of delight.

Look, therefore, to this day!

Such is the salutation of the dawn.
From the Sanskrit.

Florence Nightingale's Crimean War Carriage at St. Thomas' Hospital, London, which was damaged during a bombing, has been repaired.

Nursing is an Art and if it is to be made an art, it requires as exclusive a devotion, as hard a preparation as any painter's work, for what has the training to do with dead canvass or cold marble, compared with having to do with the living body, the Temple of God's Spirit. Nursing is an art which concerns every family in the world. — Florence Nightingale, 1860.

A good many gifted people would accomplish more in life if thorns grew on laurels, so they would be harder to rest upon.
—Rush Middlecombe

Wedding Bells Congratulations

1st Lt. Margaret E. Cassidy, class of 1942 and Capt. Charles F. Murphy were married on January 26, at St. Joseph's Church in Kentland, Indiana. Capt. Murphy was a member of the 82nd Air-borne Division and they met in a hospital in England where he was taken for wounds received in action. The Murphys are living in Bronx, N. Y.

New Citizens! Congratulations

Mr. and Mrs. Harry O'Berg (Elizabeth Feeney, Class of 1938) are the proud parents of a baby girl.

Dr. and Mrs. Pierce W. Theobald (Alice Brice, Class of 1941) have a new baby — their second, born at St. Luke's May 17, 1946. They have a little girl, Joan Harriet, who is 26 months old. The new baby is to be called Stephen Walter.

Desert Animals Don't Drink

Most desert animals do not need to drink water to live. In fact, hundreds of thousands of animals in the Southwest never drink any water. Fifteen years of research by scientists have proved this fact. They started investigating in 1930 when jack rabbits and other creatures seemed unaffected when nearby surface water in the desert disappeared.

All have a share in the beauty,
All have a part in the plan.
What does it matter what duty
Falls to the lot of man?

Someone has blended the plaster,
And someone has carried the
stone.

Neither the man nor the master
Ever has builded alone.

Making a roof from the weather,
Or building a house for the
King,

Only by working together
Have men accomplished a thing.

Greetings from Pauline Hollenbeck Ray, 1894, given by her daughter, Helen Ray Ferril, 1921, here from Denver to celebrate her 25th anniversary.

New Penicillin Sites

Penicillin, the miracle drug, will be continuously available in several European countries as a result of arrangements by the United Nations Relief and Rehabilitation Administration, in cooperation with the Canadian government, it has been announced in Washington.

In at least three countries, and possibly more, the governments will set up plants to manufacture the drug, under plans obtained and supplied by UNRRA, which will supply necessary component parts for the manufacturing process.

Czechoslovakia, Poland and Yugoslavia will set up the first plants, under government ownership and operation, and other countries may join in the program later, though this has not yet been decided. The plans supplied by UNRRA to the countries are designed to implement production of 15 to 20 billion units of the drug each month from each factory.

The project is an international one. The plans are obtained through cooperation of a Canadian laboratory now manufacturing penicillin. Vats, tanks, and other component laboratory parts will be obtained by UNRRA in the United States. The three governments will obtain or erect the necessary buildings. And each of them will send to the Canadian plant two men well qualified in scientific research and production. These men will spend from four to six months in the Canadian establishment in study and training, then will return to their respective countries to act for their governments in setting up and operating the plants. Each of the new establishments will be under government ownership and operation.

The reason the governments requested aid in setting up the plants is that they fear that when UNRRA ceases operation at the end of 1946 they will be cut off from penicillin supplies. UNRRA is now furnishing about 15 to 20 billion units of the drug per month in each country as part of its medical program. None of the three countries has adequate funds or foreign exchange to continue purchases at this rate after 1946.

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Alumnae Association, St. Luke's Hospital School of Nursing
1946

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THE ALUMNAE

of St. Luke's Hospital School

of Nursing

Box 349

Evanston, Illinois

Entered as Second Class Matter at
the Post Office at Evanston, Illinois



Mrs. Roselllyn K. Millis,
1642 E. 56th St.,
Chicago, Ill.

The Alumnae



OCTOBER, 1946

Alumnae Associations, St. Luke's Hospital School of Nursing Officers and Members of Board of Directors

1946

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Emma Werner	Calumet 7572	'19	1946
1520 S. Michigan Avenue, Chicago 5			
Rita Ashton	Midway 4132	'22	1946
1549 E. 65th Place, Chicago 37			
Alice Sanderson	Webster 2047	'29	1947
1518 S. Michigan Avenue, Chicago 5			
Dorothy Armstrong	Superior 4955	'37	1947
1100 N. Dearborn Street, Chicago 10			

Alumnae Pledge



An Assurance of Loyalty

With understanding of and the belief in the aims and purposes of the Alumnae Association of St. Luke's Hospital School of Nursing, I do solemnly affirm, that I will endeavor, by my daily life and service, to honor always the profession of which I am a member.

THE ALUMNAE

Official Organ of

The Alumnae Ass'n. of St. Luke's Hospital School of Nursing, Chicago, Ill.

Vol. LVI

Evanston, Ill., October, 1946

No. 14

Seven Miracles in John

"And many other signs truly did Jesus in the presence of his disciples, which are not written in this book: But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through His name." John 20:30-31.

"And there are also many other things which Jesus did, the which of they should be written every one, I suppose that even the world itself could not contain the books that should be written." John 21:25.

"These things have I written unto you that believe on the name of the Son of God: that ye may KNOW that ye have eternal life, and that ye may believe on the Name of the Son of God." I John 5:13.

The miracles, in order, are:

1. Turning water into wine. John 2.
2. Healing of the nobleman's son. John 4.
3. Healing of a paralytic at Bethesda. John 5.
4. Feeding of the 5,000. John 6.
5. Jesus stills the storm on Gallilee. John 6.
6. Healing of a blind man. John 9.
7. Raising of a dead man. John 11.

The first three miracles tell us HOW A MAN MUST BE SAVED. The first miracle tells us salvation is by THE WORD, the second tells us it is by FAITH in the Word of God, and the third one tells us it is by GRACE. These three tell us, then the HOW of salvation. The last three tell us WHAT happens and they record the RESULT when we are saved. Then the

(Continued on page sixteen)

Entered as second class matter June 17, 1941 at the post office at Evanston, Illinois, under the Act of March 3, 1879. Issued five times a year in February, April, June, October and December, at 1033-35 University Pl., Evanston, Illinois. Subscription price 50 cents a year, or included in the annual dues to members.

MARCH OF TIME

1896

Jessie Lawrie spent 3 weeks in September at the Gooch cabin at Harbert, Mich.

1906

Maud Gooch is off to California via the Canadian Rockies. During the Summer the Gooch's did quite a little entertaining at their cabin. Among others were Anita Blair, Irene Stolp and Jessie Lawrie.

1911

Mrs. Pansy Baily Gallagher writes from El Paso, Texas: We enjoy reading St. Luke's News and the Journal. Doctor's and my regards to any who may ask. We are delighted to be at home again after five years in the Army."

1912

We are glad to hear, through Miss Adda Eldredge, that she recently saw Edith Bender and that she is better.

1913

Mrs. Ethel Eagen Hart writes from Toronto: "Enclosed is a money order for one of those exciting first issues of St. Luke's Hospital history. I do hope they have not all been mailed out as I am looking forward to burrowing through every page of it. It was so nice to see old Dr. Dudley's words quoted, and I can imagine Dr. Owens will have considerable notice. I remember them both so well."

Lulu Dilge spent her vacation at home in Hamilton, Ohio.

Mrs. Jessie Ball Martin writes from Los Angeles, Cal.: Was so thrilled to receive the notice of your new book and to have the chance to buy one. Being away out here I seem so far away from all my old friends and so your book will be more than welcome. You know we really are a St. Luke's family. Our son, now 24 years old, was born there and Dr. Waters and Father Pond married us and were our son's Godparents, and it was through Miss Johnstone, I am sure, I began to take an interest in the Episcopal Church and also, of course, Father Wright. I finally was confirmed. Like all graduates of such a school as St. Luke's, I love to see the light in peoples faces when I say with pride:

"I am a St. Luke's Chicago graduate." I help out some at a very good small hospital not too far from our home — The French Hospital. You see, having a son in service overseas, I have tried to live up to St. Luke's teachings of service and nurses are just as scarce out here as anywhere. It is lovely here and we have our own little home, which we all love. It is in the midst of mountains. O, I miss much that we left back home both in Chicago and Berwyn. Friends, especially, but we have many lovely new ones. Please tell Maude Gooch to be sure to look us up when she comes out here. We have a phone in my name, Capitol 10546 — just dial Ca. I would like to hear from some of you people. Where are all the 1913 nurses? I never see their names, especially Helen Schreiber — my three-year roommate."

1914

Elsa Ahrenlof spent the Summer at her cottage near Escanaba, Mich.

Eve Morkill flew to Winnipeg for a week of her vacation and later spent two weeks at the Oconomowoc, Wis., home of her sister, Mildred Morkill Theobald, Class of 1913, where they were joined by Mildred Weissmiller, Class of 1914.

1915

Winifred Bramhall Drake writes from Middlebury, Vt.: "I was quite thrilled one day at our local hospital when I was helping out to have a graduate of Evanston Hospital, who was being shown through, recognize my cap and stop to speak to me. No one here knows midwestern training schools, so it gave me quite a lift! They are still so short of nurses here that they call on me fairly often and I go when I can. The Reunion must have been exciting after a lapse of several years. I could not have come this year but I hope to make it for our 35th, anyway, (1950). I must get to Chicago before that. I hope I can make it come at Banquet time."

1918

Elsa Rudolph spent her vacation with her sister in Hemet, Cal.

1921

Irene Stolp spent two weeks in September at the Gooch cabin at Harbert, Mich.

1922

Maude Keefe Hayward of Minneapolis, Minn. and daughter Mary spent a few days in Chicago and East Chicago, Ind., in June.

Ethelyn Peterson of Galveston, Texas, visited St. Luke's in August.

Ruth Moe Meldgard spent the month of July touring Canada and the East. While in Brantford, Ont., she contacted May Baldwin Knight and May says she will see us next year at our reunion.

Margaret Farrar and her niece Margaret Pearson Smith, Class of 1927, enjoyed a month at their Summer home near Sarnia, Ontario, Canada.

1923

Ruth V. Coonley writes from New York: "It was a happy surprise to know of the publication of the books concerning the history of St. Luke's Hospital, Chicago, and its "finest in the U.S.A." training school. I have never met with its equal in management or culture in New York City, Philadelphia, or other cities, in the last ten years — and I have worked in nearly all of the better ones. I am so anxious to have the books because I love pictures and most of all — because they are of St. Luke's Hospital, Chicago, my Alma Mater. With every good wish for you all."

1924

Dr. and Mrs. Lambert (Janice Consalus) have finally settled their housing difficulties by purchasing an apartment building at 5011 Blackstone Ave.

1926

Lt. Ann Starck spent a few minutes greeting old friends at the hospital on August 5. She was in Chicago for a few days while on a 45 day leave from Tokyo. She has been in Japan since last November and expects to be there until next June.

1929

Cecilia Napicinski Link is moving to Evansville, Ind., where her husband has been transferred. He is in the

Industrial Relations Dept. of International Harvester Co. Cecilia does not yet know where they will live because the housing shortage is as acute in Evansville as elsewhere, but she is anxious to get in touch with other St. Luke's graduates who are living in Evansville. If they call the Harvester Co. of Evansville, they can get her new address. "Nappy" says her latch string will always be out for nurses driving through Evansville, which is on the main highway for the South.

1932

Helen Grosskopf writes from New York: "Seems I get disconnected from St. Luke's better than anyone I know. Certainly hope that by next year I will be more settled. After leaving the Navy, I came East and am attending Teachers College. I am working for my masters in guidance and personnel work. Find it rather hard to get back into the books but it is interesting. Find living here most different and am enjoying it."

1933

Emma Borchardt Morrow writes from Palo Alto, Cal.: "I can hardly wait until my copies of the History of our school reach me. Have had numerous requests from nurses here to read it. I find that St. Luke's, Chicago, is known far and wide. My pride in our school grows (if possible) each time a physician or nurse says 'Oh, yes, St. Luke's Chicago.' After I receive and read the History of St. Luke's, I'll write again and tell you more of my activities."

Muriel McClenahan Martin writes from San Antonio: "I'm very pleased to know the history of St. Luke's has been completed and will be anxiously looking forward to the arrival of my book. The gathering of this material has been done over many years and involves many hours of work by members of our alumnae. It will be greatly treasured. Wonder if there are any of our alumnae stationed in Brooke General Hospital at Fort Sam Houston, San Antonio, Texas. Should like them to contact me at Route 3, Box 402, San Antonio 3, Texas. My husband is a patient on Ward 2 of Brooke Hospital, recovering from two abdominal operations done in the past six weeks. When he has sufficiently

recovered from them, he may be moved to Annex 4 of the same hospital for a spinal-fusion. The back injury was caused by concussion resulting from a bullet which passed through his right hip and abdomen fifteen months ago, during the battle of Okinawa."

1935

Lucille Kern Anderson writes from Olympia, Wash.: "Have changed our address from Seattle. We dreaded leaving Seattle because we loved it so, but my husband recently secured a position for the State in the capitol building here and we, fortunately, found a home nestled in the big timber right out of Olympia. Sophia Sonnenberg stayed with us for a while while we were in Seattle until she went on duty at Virginia Mason Hospital where she is still located. We miss her. I guess we'll have to persuade her to move down this way. I enjoy the Alumnae — hearing what others are doing from St. Luke's. We have two sons — one near seven years that was born at St. Luke's and another two and one half years old—Carl and John. Sophia can tell you what rascals they are. We would enjoy a visit from any of you Easterners if you get out West."

1936

Mary Pick Cambier, who now lives in Girard, Illinois, was in Chicago in June, stayed overnight with Miriam Baxter Semmer. While here, she visited St. Luke's and Jane Kohler Greene.

Miriam Baxter Semmer proudly reports the following classmates present at the Alumnae Banquet last May: Elynor Hodges Carney, Velma Peters Wiese, Augusta Heldt DeMotte, Verda Vanderford, Dorothy Myers Murphy, Roberta Lawsha — still in uniform — and Miriam Baxter Semmer.

Augusta Heldt DeMotte and 18 month old Jimmy flew to Chicago from the West Coast for the Alumnae Banquet. Velma Peters Wiese and her son, 5, also flew in for the big event.

Regula Struebling Britton writes to say that she and her husband, Dr. James Britton, have bought a new home and are moving in shortly.

Ross and Peg Willie Madden have just built a new ranch-type home in Riderwood, Md.

Betty Jane Tibbs (Mrs. M. Newell Gray) of Chicago, has two children, Martha 7 and John 3½. She is expecting another baby shortly.

Dorothy Myers Murphy and her husband are now back in Oak Park.

Charlotte McElroy Benbow spent two weeks visiting in Aurora this August.

Lucia Morris Minard has two children, Billy 9, and Jo Ellen 2. She has done private and general duty at St. Luke's and also relieved the night relief nurse in Smith Building this Summer.

1937

Miss Ruth Mary Boyles became Director of Nurses at Christ Hospital, Topeka, Kansas, on August 1, 1946. Miss Boyles was formerly with the St. Luke's educational department. Best wishes in your new work, Miss Boyles.

1938

Mrs. Stanley Levander (Eunice Hawke) and sons Norman and Stanley, Jr., spent the month of July visiting friends in Virginia, and Hibbing, Minn. They also spent a week at beautiful Lake Vermillion.

Lt. (j.g.) Eunice Davis writes from Guantanamo Bay, Cuba: "Since I have been out of the States, I haven't kept up with things like I should. I often think of St. Luke's and wonder how all my friends are there. I used to receive the St. Luke's news but haven't for many months now. I left the States last December and went to Panama where I was stationed at the Naval Hospital at Coco Salo. It was a very nice modern hospital of about 250 beds. It was located very close to the jungle and just back of the nurses quarters was a very dense jungle. Many times the maids used to go out and pick orchids for the table. There were nine nurses there and we had a very busy dependents unit as well as taking care of the boys. I was there five months and worked in dependents' unit and the clinic the entire five months. I was able to make a trip through the Canan which was a wonderful experience. Too, I got to see quite a bit of the Isthmus which I found very interesting. June 1st I came here to Cuba. This was a dispensary during the war but it has now

been made into a hospital. At the present time there are nine nurses here. Due to the lack of help, we only have two wards open and on the main one we have both medical and surgical patients. We are very busy and along with that, the heat here is awful, so we come off duty just dead tired. One good thing is that the nights are cool and that sure helps. This is quite a large base of 50 square miles. It has an air station and marine side. The Fleet comes here for the shake downs of the new ships. It has plenty of hills and there are some beautiful views here. One certainly gets the full benefit of the tropical moon. We have swimming, fishing, bowling, sail boating and golf. There is a very nice officers club overlooking the water, and there is a dance there every Saturday night. Nevertheless, we all dream of that happy day when we will get home again. The old saying is very true. 'No matter where we may roam, there is no place like home.' Remember me to any of my St. Luke's friends you might see."

1939

Bessie Ruth Ebert plans to attend Teachers College at Columbia University this Fall.

1940

The Class of 1940 enjoyed a lovely luncheon given by Mrs. Charles Drueck (Alice Finch) in honor of Mrs. Michael Hutchinson (Ann Lipinski) and her two daughters Judith and Jennifer. Ann and her family are visiting the Hutchinsons for the first time after spending five years in Honolulu. They expect to stay in the United States a few more weeks before returning home in Honolulu. The nurses thoroughly enjoyed the afternoon — especially the opportunity of seeing each other's children. Besides Mrs. Hutchinson and her two daughters, those who enjoyed the luncheon were Mrs. Lawrence Hansen (Hazel Woods, and son Lawrence, Mrs. Edward Kominck, (Elizabeth Tomaszewski) and daughter Mary Beth, Jean Cahill, Judith Bearfield, Mrs. Rollin Hoggatt (Helen Curry) and three children Janis, Stanley and Margaret, Mrs. Charles Rife (Anna Tapping) (we missed seeing her baby boy) and, of course, the hostess Mrs. Alice Finch Drueck and her son Charles.

1941

Doris J. Fuller writes from Lubbock, Texas: "I am attending college here in Lubbock and I'm studying textile engineering which is a far field from nursing. I am still working four hours in the afternoon at one of the local hospitals. I hope that everything is still going well with St. Luke's and also the Alumnae Association. Give my regards to all."

Eileen Prickett writes from India: "Greetings from India! Yes, it is true, I am in India, this great sub-continent of Asia — a land of mystery and a land of great contrasts, of great wealth and extreme poverty, of bitter cold and penetrating heat, of high education and sweeping illiteracy. But since November 15, 1945, this has been my home! Recently, one of my classmates, Miss Kulin, sent me portions of the Easter issue of the Alumnae. I eagerly scanned it for news of those whom I know, but alas, the Class of '41A is apparently out of existence. The article of Miss Benmamin's was very interesting. She, being in India, too, seems so close to me, and yet, she is quite far for her work is in the extreme South and mine is in the Central Provinces.

For several months I have been up here in the foothills of the Himalayas for language study. This is a most beautiful country of northern India. What a sight to behold as one looks down over the hundreds of peaks, dotted with cottages here and there, and then into the valleys and across the plains some forty or fifty miles in the distance! This particular range of the foothills is just seven thousand feet above sea level, but in the distance are the towering, whitecapped mountains of the Himalayas looming ever so high in back of us. On a clear day one can see two of the higher ranges which emerge twenty-three and twenty-four thousand feet into the air; yet, these are not the highest, for somewhere, beyond, is Mount Everest with her 29,002 feet topping them all! These days, because of the rains, we are often enveloped in great clouds of mist and as we look out over the mountains we see nothing but a huge chasm of infinity.

I still feel very new in India, and as if I haven't any wings for soaring.

For the first few years, language study will be foremost; I'm preparing for my first year's language exam this Fall, though. The oral is in September, while the written one follows three weeks later, but only if one has passed the other. Truly it is one continual grind, but the labor is one of joy, especially in view of being able to express in clear Hindu one's thoughts. By the time we have mastered one language, our hospital will be built. There are three nurses who will be working in the hospital on a rotating shift, while one works with the doctor, the other two will be out in the villages of her area doing rural nursing and evangelistic work. One of my co-workers is a graduate of Women's Medical in Philadelphia, the other of Michael Reese in Chicago. So far, none of us has had too much practice along our professional lines out here in India, but this Fall each of us will be placed in various out-sta-

tions with one other girl, where we will be more or less thrown into the work. On the whole, our mission activities are to be along an indigenous line; for should the political situation become such that the missionary should have to leave the country, we hope to have the Indian Christians in such a position that they will not be greatly affected by our leaving; but they can continue on in their way, ever looking to God for their needs both financially and spiritually.

I should like to hear from my St. Luke's friends — Class of 1941A in particular.

Sincerely in a glorious service."

Alice Brice Theobald and her husband, Dr. Pierce Theobald, planned a motor trip through Canada, the New England States and New York City for their September vacation.

ANNOUNCEMENTS

The Alumnae September 3rd meeting was a most successful one. We were hosts to the Industrial section of First District and a very good attendance of both members and guests turned out to hear Miss Joan Y. Ziano speak on "Progress and Trends of Industrial Nursing". We had many compliments on the beauty of Schweppe House.

St. Luke's Hospital Nursing School entered 67 in the new Fall class. Miss Jeanne Ohmann's father died the day before she was to start her trip to St. Luke's, so she had to come on later. We extend our sincerest sympathy to Miss Ohmann. The class looks like a promising group and we hope they all "make the grade". The smallest student entered is Patricia Mae Miller, height 4' 10", weight 88½ pounds, age 18 years. She was very worried that she was too small to pass physical entrance requirements and was very happy when told she would be given the same chance as the largest girl in the class to prove her fitness

for the profession. Good luck to you Class of 1949!

We have written, without any reply, to find out the correct addresses of the following people:

Miss Helen M. Blosser, 749 N. E. 81st St., Miami, Florida.

Miss Anna Skorupa, 1122 E. 64th St., Chicago, Illinois.

The addresses given above are the latest ones sent to us but the post-office says they are not there and no forwarding address is given. We shall appreciate information on correct addresses.

The History of St. Luke's Hospital of Nursing books have been delayed because of printing difficulties. We have been assured by the publisher that they should be ready for mailing the latter part of September. The book is definitely worth waiting for, so please be patient. Mrs. R. K. Millis, Secretary.

Stop Killing Yourself

Edward B. Lewis, M.D.

You think you love life. ARE YOU SURE? Remember when you tried to pass that long line of cars on a curve the other Sunday and barely missed the fellow who suddenly appeared, practically on top of you? Afterwards your hands trembled and sweat appeared on your brow. You realized how you had been flirting with death — not only for yourself but, which is far worse, for your wife and children who have faith in you and trust you to protect them.

What about the man who just has to sneak away about four o'clock to get a pick-me-up down in the basement bar of his office building? He knows it isn't necessary for business reasons to meet his imbibing cronies every day at the same hour. Yet he doesn't know that the liquor habit has GOT him until he tries to quit — knowing that habitual drinking will shorten his life — and finds it difficult.

I saw a woman take a cigarette from a fresh pack, light it, smoke a few puffs with a contemplative air, then suddenly toss the lighted cigarette, together with the rest of the package, out of the window. "Why did you do that?" I asked. "It has just dawned on me that I'm killing myself — killing some of my later years," she replied. "Look at my hands!" She extended her yellow-stained fingers for me to see. "Three packs a day! I'm stupid. It's high time I found it out."

"Don't overwork, darling," says the wife to her husband as she kisses him good-bye. "Let the others carry some of the burden. Remember what the doctor said about your heart." Yet, that very morning this solicitous woman was late getting breakfast with the result that her husband, aged fifty two, had to run all the way from the house to the station. And that same night, when he returned home exhausted, she upset him with an emotional quarrel she had had with her neighbor whom she charged with sweeping papers into their driveway, later insisting that her husband take

her to the movies so that she could forget herself.

If you eat meals at irregular hours, gulp your food, neglect mental relaxation and exercise, drink or smoke to excess or otherwise put a strain upon your vital powers of resistance, you surely are shortening your life. Many men won't take vacations. They boast about wanting to die with their boots on. And they do. But usually their wish is granted from five to twenty years before they expected it would be.

These are just a few of the observations Dr. Lewis, psychiatrist has made of his own patients as well as general study of the subject.

You CAN Keep That Anger Down

Have you ever exploded in a burst of anger and then, after cooling off, wondered why in the world you let yourself go that way? Well, who hasn't? Yet emotional upsets can be controlled, even in the presence of the exciting situation, says Dr. Max Schoen in *Human Nature in the Making*. One way is to nip the emotional upheaval in the bud, just as it is about to rise. Since powerful body factors are at work when one is angered, and there is a potent outflow of adrenal gland hormones, one might think voluntary control to be impossible. However, Dr. Schoen suggests a very interesting experiment on yourself: The next time you begin to feel angry, fix your attention on what is going on inside you. Or, right in the midst of an emotional tantrum, think of what you are doing. "An emotion cannot stand looking at itself," writes Dr. Schoen. "Under self-observation it wilts. Nor can it stand thinking about itself. One secret of emotional control is, then, to assume a rational, critical attitude toward an emotionally exciting situation every time it occurs; in other words, to train oneself to become a spectator of the emotional situation instead of being a participant in it."

A human being is a featherless biped that is more or less out of kilter.

Wedding Bells

Congratulations!

Evelyn Mary Hahn, Class 1935, and Richard Ira Stokesberry were joined in holy wedlock on June 28, 1946, at Portland, Oregon.

Mr. and Mrs. John Lawsha announce the marriage of their daughter Roberta to Lt. Joseph A. Grimm. The ceremony was performed at the Post Chapel in Biloxi, Miss. on June 11, 1946.

New Citizens

Congratulations!

Mr. and Mrs. Charles Edward Rife (Anna Tapping, Class 1940) are the proud parents of a boy born April 25.

Mr. and Mrs. Rollin Hoggatt (Helen Curry, Class 1940) announce the birth of Margaret Hazel, born April 22.

Mr. and Mrs. Martin Dietz (Nelda West, Class 1940) announce the arrival of Martin Victor, Jr., July 8. He weighed six pounds seven ounces.

Mr. and Mrs. Richard Greene (Jane Kohler, Class 1936) are the proud parents of a baby girl, weighing eight pounds, six ounces, born at St. Luke's. The baby has been named Janet. The Greens have a seven year old boy, Michael.

Mr. and Mrs. Ross Madden (Margaret Willie, Class 1936) are the proud parents of a daughter, Mary Jane, born on July 26, weighing six pounds, 14 ounces. Mary Jane has two brothers, Warren 7, and Jimmy 2.

Mr. and Mrs. J. D. Bradshaw (Gertrude Seipman, Class 1931) are the proud parents of a boy born September 11, 1946.

Another thing some of us would like to live long enough to find out is what we're so doggoned mad about when we wake from a nice night's rest.

Every time, on a hot day, you speak of the heat, your temperature and discomfort increase proportionately. If you have any mind to spare after thinking of the heat, use it for something else and the result will be gratifying.

Life with Eileen Prickett In India

Most of you are fully aware that one of our main tasks these days is that of study; since our speaking vocabulary is somewhat limited here in India, we are desirous of speeding this work along — yet, it is a painful process. One day as Fred Kurtz was waiting for the bus to bring him back to our station, a young couple of the Bulaie caste (one of the lower caste Hindus) approached him, requesting help for their baby. They were told to come to the mission compound to get a permit for admitting the child to the hospital. In all of my nursing experience I have never seen such a protusion of the eyeball — this particular condition being an infectious ophthalmic inflammation in the final stage just before a possible rupture of the eyeball. The only thing that could be done was to have the eye completely removed. Such conditions are tragic, especially the more so when one realizes that they could be avoided; had cleanliness and early care been administered, the child's eye could have been saved. We doubted the possibility of their coming for the permit, for many of these hills' people are fearful and superstitious; yet, because this little one was a boy baby, this may have been the motive for their desire to have this one made well.

They did come, and the child was admitted to the hospital for surgery. Lilla and I went in to the city hospital to watch the operation; I shall not go into detail about this, but you will understand what I mean when I say "survival of the fittest" seems to be true in the fullest sense out here in India. The marvel of what I saw that day in contrast to our own surgical technique is that the child survived the operation. The child passed away later and just after the burial, the father came to the compound to talk to Mr. Fromman. Even before he heard the complete Gospel story, this man confessed that he knew there was no salvation to be had in the worship of his own gods, and he had already given them up; true, he had forsaken the old, but had not taken on the new which alone can bring eternal life. "Once I was blind, but now I can see The Light of the world is Jesus."

In Memoriam

Elizabeth Ulmer, Class of 1913, passed away last November, 1945, from a heart attack. Miss Ulmer served with Unit 14 during World War I. After her discharge from Service, she entered Teachers' College, New York City, from which she received her Master's Degree. She served for a number of years as instructor in health education at State Teachers' College at Huntsville, Texas. This was followed by a year's tour around the world. She had since that time been teaching at Baylor University. It was here that she died after a short period in the hospital. "Elizabeth Ulmer was the most cheerful member of our C. Division and always encouraged us to see the bright side of our daily tasks." Though this news was just received, the Alumnae Association of St. Luke's Hospital extend sincerest sympathy to Miss Ulmer's family and friends.

* * *

St. Luke's Alumnae Association extend sincere sympathy to Mrs. Mary Hanna Ruddock, Class of 1912, in the death of her husband Fred Ruddock, on May 29, in Vancouver, British Columbia, Canada. Mrs. Ruddock's address is 1736 W. 15th Avenue, Vancouver, B. C.

* * *

St. Luke's Hospital Alumnae Association extend sincere sympathy to Miss Mary Ming in the death of her sister, Mrs. Charles H. Lawrence who died at her home in El Monte, Cal., on January 19, 1946, of a heart attack. Many of the "older" nurses will remember Mrs. Lawrence and will want to drop a note to Mary Ming at her home, 1537 N. Cogswell Road, El Monte, Cal.

* * *

St. Luke's Hospital Alumnae Association extend sincere sympathy to the family and friends of Elizabeth Frank, Class of 1900. Miss Frank

passed away on May 17, 1946, after a long illness. She died at the home of her nephew, Frank W. Kultchar, in Columbus, Ohio. Miss Frank was the aunt of the husband of Elizabeth Reifurth Kultchar, (1917), Lakewood, Ohio. Miss Frank is spoken of as one of the oldest and most faithful members of the Alumnae Association. She was an associate of Miss Lillian Wald at Henry Street, New York, for many years. At one time she was head nurse in Hibbard Ward. Miss Frank and Miss Wald traveled a great deal and met many prominent people. Miss Frank resigned in the early twenties and opened her own imported antique shop under the name of Charlton House in New York City. She continued with that until December of 1944 when she came to Columbus to make her home with her nephew.

* * *

St. Luke's Hospital Alumnae Association extend sincerest sympathy to Dr. and Mrs. Donald B. Knowles (Thelma Thomas, Class of 1931) in the death of their son, Donald, 6 years old. Donald died on July 12, 1946 while in swimming in a pool at Brown county state park near Nashville, Ind. The Knowles were vacationing in the park.

* * *

Word has been received of the death of Mrs. Ione Kellog Schwartz, Class of 1923. The Alumnae Association extend sincere sympathy to Mrs. Schwartz family and friends. She was last listed as living at 7456 S. South Shore, Chicago, Ill.

* * *

The St. Luke's Hospital Alumnae Association extend sincerest sympathy to Mrs. Ray Saville, Class of 1919, in the death of her mother recently in Galesburg, Ill.

How Well Do You Know Your Microbes?

1. Are the great majority of bacteria harmful to human beings?
2. Are microbes good to eat?
3. Are all microbes a minute form of animal life?
4. Are all bacteria the same size?
5. Are there such things as albino microbes?
6. Do microbes need vitamin for growth, like human beings?
7. Do bacteria have appetites relatively greater or smaller than man?
8. Do bacteria sleep?
9. How soon after a bacterium has been "born" is it capable of reproducing its kind?
10. Is it possible to kill all bacteria in a liquid by freezing?
11. Are bacteria in a liquid relatively more crowded together than human beings in a busy office?
12. Can bacteria kill each other?

Answers: 1. No; out of every 30,000 bacteria in the U. S. 29,999 are harmless, useful, or necessary to man. 2. Certainly; many of them would make good meat substitutes and man delights in digesting the lactic acid bacteria of cheese, buttermilk and sauerkraut. 3. No, only the protozoa are animals; all other microbes are plants. 4. No; they may vary in diameters as between a mouse and a cow, or even more. 5. Yes; an orange form of staphylococcus, for instance, has a form identical except that it is white or "albino." 6. Yes — they need B vitamins, but not A, C, or D; and if food doesn't provide needed vitamins the microbes can manufacture them. 7. Much greater; some species consume twice their own weight of sugar in an hour. 8. They have never been known to. 9. Within fifteen minutes, in some species. 10. Practically impossible. 11. A billion bacteria in a cubic centimeter would be relatively as far apart as occupants of an average office. 12. A few species can poison others. (Based on Otto Rahn's *Microbes of Merit*.)

Do You Know That . . .

1. The offspring of a marriage between a mulatto and a white person could be either mulatto, light brown or white?

2. That truly blue-eyed parents do not have brown-eyed children? Most of those who consider themselves blue-eyed actually have some brown eye pigment, in which case they could have a brown-eyed child.

3. Two short parents may have a tall child, but two tall parents very seldom have any short children?

4. That if a couple is expecting a new baby and already have six children — all boys — the chances of its being a girl would be the same as if they had no previous children — that is, 50-50?

5. That women can transmit color-blindness without being color blind themselves but that men cannot?

6. That when both parents are right-handed, about 6 per cent of the children are left-handed?

7. That heredity plays a major role but not the only one, in determining how bright you are?

8. That idiots are sometimes found to be extremely gifted in mathematics, music, drawing, and other specialized abilities?

9. That people are not born with an innate desire to commit murder, theft, arson, or other crimes, but inherited differences result in variations in degrees of goodness or badness in any given environment?

10. We have no control over our heredities? Our hereditary strains are purely the product of chance.

11. The son of a great man is not more likely than average to inherit genes that make for greatness? The son's genes cannot be all the same as those of his father.

12. Inbreeding — mating closely related individuals — does not act harmfully and cause the strain to "run out." Inbreeding is used by animal breeders to purify strains; undesirable recessive traits are brought to light

which — at least from the point of view of animal breeders — enables undesirable individuals to be eliminated and pure breeds to be developed.

13. Mental and personality traits cannot be predicted with accuracy on the basis of skin color, features, blood group, or other physical traits?

14. That the taste buds you inherit do not enable you to taste flavors in exactly the same way as other people? Not all things taste alike to all people, depending upon heredity — substances that taste bitter to some are tasteless to others.

15. You do not inherit something from all of your ancestors? You have no more than 100,000 different genes but if you carry your line back twenty generations you have 1,048,576 ancestors — clearly, you did not inherit genes from all of them.

Many of you have seen June Allyson on the screen singing and dancing. What is unusual about this? A good many pert and beautiful young movie stars sing and dance superbly well. The difference, in June Allyson's case, is that for several years it seemed impossible that she could even walk normally, let alone dance and do acrobatics. She was only nine when a lightning bolt sent a heavy tree branch cracking down on her head, fracturing her skull and cruelly twisting her back. Doctors fixed her up with bulky braces, giving her somewhat the appearance of a building surrounded by scaffolding. After interminable months of invalidism, she was finally able to do without her braces. During those months her handicap directed her burning interest toward one goal; she would take up swimming, see if she couldn't train injured bone and muscle to do their normal jobs again. Before long she had won a swimming championship in New York City competition. Then she went in for self-taught dancing and became expert enough to win a spot in a Broadway chorus. From then on it was one musical comedy after another until, inevitably, she landed in Hollywood.

The "Salt Cure" for Insomnia

by Morgan Deming

Insomniacs who hear the clock strike every hour all through the long, long night might do well to go easy on the salt-shaker. Too much salt in the system appears to have a surprising bearing upon insomnia and nervous tension states in general, according to studies reported by Dr. Michael M. Miller in the *Journal of the American Medical Association*.

Dr. Miller studied a group of twenty patients who had marked insomnia, anxiety and nervous tension. They were all hospitalized so that daily records of salt excretion were possible. A diet of considerable leafy vegetables and potatoes, high in potassium which speeds the excretion of chlorides from table salt, was instituted. No more than two grams of table salt was allowed daily.

After four to seven days, the extreme nervous tension of a majority of the patients began to decline. They were less irritable and restless, and ability to fall asleep increased. Blood pressure and pulse rate diminished. The subjects fatigued more readily and tended to abandon night-owl habits for an early hour of retiring. Usually they fell asleep within ten or fifteen minutes and slept soundly until awakened.

After two or three weeks on the low-salt diet, there was a marked decrease in dreams. Several of the patients developed a tendency toward afternoon drowsiness and even formed the habit of afternoon catnaps. In general, an increase of calm and stability was noted.

When normal sleep habits were established the ability of patients to concentrate was greatly improved. One excitable man who for twenty-nine months had been unable to concentrate sufficiently to read, began to read books for pleasure. Three subjects who had had severe headaches, contributing to their insomnia, obtained much relief after two or three weeks on the diet.

Too severe deprivation of salt can result in alkalosis, the opposite of

acidosis. In kidney disease, diabetes, and some other conditions salt curtailment is inadvisable, as it is during hot weather when much salt can be lost through perspiration. But for the average person who wants to try a drug-free method of overcoming insomnia and nervous tension, Dr. Miller's experiments suggest that blissful sleep may be wooed by foregoing too much salt on one's daily food.

Emotions Can Pop Through Your Skin

A girl with pronounced feelings of inferiority and inability to make decisions invariably had a severe attack of eczema when she was about to begin a new job. An unhappy wife, forced to spend her evenings at home for many year with a husband who would not even take her to the movies, got "itchy feet" literally as well as figuratively. Skin ailments are excellent means of evading dreaded situations or gaining sympathy. Such manifestations in which emotions "take it out" on the skin are well known to dermatologists. Which is far from saying that emotions cause all skin disorders. Not infrequently, emotional disturbance can be the sole cause of a skin affliction; more often, it is a contributing cause, working together with some other agent such as a known physical irritant. The first task of the dermatologist is to examine fully into possible physical causes, but more and more he is becoming aware of emotions that erupt through the skin.

Food allergies express themselves in digestive troubles, but also, very often, in eczema or asthma. Dr. Kalz tells of a young man, who was sensitive to pork. Every time he ate this food, violent eczema appeared. It was found that digests of pork in very small quantities protected. Arrangements were made to demonstrate his case before a medical society. Accidentally, a digest containing no pork whatever was given the patient — but he had no eczema! Later, it was found that when the patient ate pork hash which he thought was veal, no reaction occurred. When he ate veal, chicken or other substances, represent-

ed to be pork, back came his eczema. When he was finally told about his unscientific behavior, he gave up his eczema altogether.

Personality types most likely to show their emotions in their skin are, in general, those with deep-seated feelings of insecurity, ultrasensitiveness, great drive, aggressiveness and desire to command attention, inability to compromise on problems, higher than average I. Q. characteristic of a high-pressure mind of exceptional capacity, tensions, and an eager exhaustion of stimuli leading to boredom rather than to rest.

Grey Collins

Garden of Temptation

I planned to do so many things today:
To clean the dusty attic thoroly,
To send the clinging cobwebs on their way,
And scrub each nook and crevice carefully.
The urge to tackle chores acquired height,
And then I saw the lovely apple trees,
Their petaled pageantry a pink delight,
And all my plans dissolved in memories.

I meant to do so many things, and then
A ruby-breasted bird sculptured the sky,
And so my plans were quickly shelved again —
The garden was my gentle alibi.
Why did I let those well-formed plans rush by?
Only the wind against my cheek knows why.

Annette Victorin

Soup: a food that first fills you and then fools you.

* * *

Some people who arise very early are braggy all forenoon and draggy all afternoon.

Tonsils and Infantile Paralysis

Suspicion that removal of tonsils during a polio epidemic may increase children's susceptibility to the disease has received a good deal of corroborative evidence. Particularly in cases where the disease is the so-called bulbar type, in which infection centers the medulla oblongata, a history of recent tonsillectomy is quite likely to be encountered.

To analyze the possible relationship between tonsil surgery and polio, questionnaires were sent to doctors in the state of Utah which in 1943 suffered the most severe epidemic of infantile paralysis in its history. It was found that 43 per cent of the bulbar cases were preceded by a tonsillectomy within thirty days of the onset. The incidence of infantile paralysis in children who had recently had tonsils removed was found to be 2.6 times greater than in the general child population, and the incidence of the bulbar type of the disease sixteen times greater.

Sunrise From The Loop

The sun canoes across the rippled lake
And hangs her Indian blankets in the
 skies,
And lifts the counterpane of night to
 break
The sandman's spell upon Chicago's
 eyes.
The tall young buildings on the Boule-
 vard
Push back their silver veils of smoke
 and mist,
And bare their shoulders to the Loop's
 front yard
And lift their foreheads sunward to be
 kissed.
Grant park, with shrub-lined drives
 and winding walks,
Leans leisurely against the lake's
 stone piers
To hear each yawning sunbeam as it
 talks
And tells old tales of storied pioneers.
I wonder what Montgomery Ward
 would say
Could he behold the Loop's lake front
 today.

Norlin

Not Much Food Stays With You

Even though you gain weight rapidly, the ratio between pounds of food consumed and pounds retained as fat on your person is very small. "Usually less than 1 per cent of the consumed food is stored in the body, even when the individual is gaining weight rapidly," writes Dr. Roger J. Williams, nutrition authority, in **What To Do About Vitamins** (University of Oklahoma).

"It is not uncommon for a person to eat in the course of a year **one ton** of food, but who among us gains as much as 1/100 of a ton (twenty pounds) in a year?" Our automatic hunger sensations tend to balance food consumption against burning-up processes. If these sensations overshoot the mark just a little — perhaps as much as 1 per cent — it is easy for the individual to gain weight. And if the sensations that regulate food consumption over a long period undershoot the mark by a small margin, it is easy for such individuals to lose weight or remain lean.

The Mind Ages Slowly

Your ability to learn and gain intellectual stature is demonstrated early, particularly between the ages of thirteen and sixteen. Ability to learn new facts is at a maximum in the late teens and early twenties, then starts declining. But the decline is very slow. George Lawton of New York City's Old Age Counseling Center emphasized that the apparent mental loss of many older persons is not so much a genuine decline in mental capacity as the effect of poor work habits and lack of regular occupation. Retirement, says Mr. Lawton, is inadvisable to many persons. Arbitrary shelving of individuals because they have reached a certain age results in loss not only to the individual but to society. Innumerable great creative contributions have been made by men and women at age levels far beyond early youth. It is comforting to know that the higher one's original intellectual equipment, the more continuously it is exercised, the less marked will be its decline as we grow older.

Jeremiah Prophecy Recalled By Letter Discovered in Egypt

Cairo, Egypt, April 14, 1946. A letter written on papyrus in 500 B.C. mentions the "Queen of Heaven" who may be the same pagan goddess referred to by Jeremiah in his prophecy of the destruction of the Jews in Egypt, Prof. Sami Gabra, Fuad I university archaeologist, said. The papyrus was one of seven well-preserved letters found in a jar in an underground gallery at Touna el Gebal, about 200 miles south of Cairo.

Only recently translated, the letter, written in Aramaic characters, the tongue of Christ, opens with greetings and an evocation of pagan divinities, principally Malakat Schemin, the "Queen of Heaven". The Biblical connection makes the find extremely interesting. Gabra said: "It is the first Aramaic papyrus found in Egypt since 1904. Those writings were found at the site of a Jewish colony of 600 B. C. near Elphantine".

Chapter 44 of the book of Jeremiah prophesies that the Jews in Egypt would be consumed by sword and famine for burning incense to the "Queen of Heaven".

It's A Fact

Mrs. Rachel Sagi of Cegled, Hungary, held the world's record for insomnia. She did not sleep for twenty-five years. Her last nap took place on Easter Sunday in 1911. She spent her sleepless nights praying.

The city of Tiltepec, Mexico, is inhabited only by the blind. Every man, woman and child in it has been blind by a disease known as onchocercosis. A small insect burrows deeply into the eyeballs and causes the blindness. The children are not born blind but become the victims at an early age.

The smallest human being who ever lived was Miss H. Moritz, an American dwarf, who was only twenty-two inches when she was twenty years of age. The tallest human being was Hans Brau of Tyrol who reached the height of twelve feet.

The highest temperature ever recorded for a human being was 120 degrees F., reported by Dr. Teale in 1875. The lowest temperature ever recorded for a human being was 84 degrees F., reported by Dr. Duffy for a woman. She died the following day.

The heaviest human being ever recorded in the annals of medical history was a man in North Carolina who weighed more than a thousand pounds in the last century.

In 1933, Mrs. Anna Monaro at the age of 42 attracted unusual interest because of a strange luminescence that emanated from her body. During sleep, there appeared a light from her chest which lasted three and three-fifths of a second.

The only case of a man born without a nose was reported in 1934 by Dr. K. G. Khandekar, a Hindu surgeon. This noseless man can smell odors as well as any normal person. When he has a head cold, there is a watery discharge from his eyes and mouth.

1. Do you buy \$4.40 seats at the theater when you know very well you can only afford \$1.10?

2. Do you squirm like an eel to escape blame for a mistake?

3. Do you believe it's the other fellow who is hogging the road?

4. Do you resent being pushed in a crowd as you shove your own way ahead?

5. Do you almost always present an alibi, even a flabby one, at home or in the office to explain why you did what you did or didn't do what you should have done?

6. Ever do a bit of bragging?

7. Do you drive a little more slowly when a honker urges you to drive faster or get out of the way?

8. Do you resent taking orders from traffic cop, office boss, the Little Woman, anyone?

Goiter Prevention In Children

Prevention of goiter in adolescent children by the use of iodized salt was stressed by Dr. O. P. Kimball of Cleveland recently.

Writing in *The Journal of the American Medical Association* Dr. Kimball pointed out that in a Michigan survey of over 500,000 children "not a child was found who showed the slightest ill effect from the use of iodized salt."

Dr. Kimball stated that frequent health campaigns are needed to keep the public conscious of the need to prevent goiter by the use of iodized salt and pointed out that the consumption of iodized salt has gradually decreased during the past four or five years.

"The entire country should be given a natural salt containing 0.01 per cent potassium iodide or its equivalent. The term iodized should be eliminated at once and emphasis be placed on the use of a whole or natural salt to prevent food deficiencies. The need is for only one kind of salt and this should be standardized so that it contains the important food elements which are found in natural unrefined salt. The 'prevention of endemic (local) goiter' will then be as nearly complete as any public health measure can ever be," Dr. Kimball explained.

For anyone interested in statistics: the Book-of-the-Month Club, with around 800,000 subscribers, receives 50,000 pieces of mail daily. Of the subscribers, 10,750 are named Smith, 6,875 Jones, and there are two thousand changes of address daily — even in this day of house- and apartment-shortage. . . . And speaking of having no place to live, Burl Ives, the inimitable folk-singer, unable to find anything else in New York, has been making his abode on a coal-barge. We can't help thinking how pleasant it must be to hear that soft, tentative voice accompanied by the gentle lapping of waves; and what a surprise it must be to the tug crews and the stevedores along the river-front.

Space

Within this pulsing artery called
space,
Filled with the living liquid of the sky,
A million million stars go flaring by,
Whirled in some seeming-sempiternal
chase.

And on one star we stand, an insect
race,

And gaze across the voids, and vainly
try

To solve the secret of the sun, or pry
Beyond the boundaries of time and
place.

So, in the living liquid of our blood;
The microbes on some atom-asteroid
May live, unconscious of the swirling
flood,

And wonder at the sun that lights
their day,

Across an unimaginable void,
A million-millionth of an inch away.

Bartlett Adamson

Worthwhile Sayings

It ain't the number of hours a man
puts in, it's what a man puts in the
hours that really counts.

* * *

A lot more people would try to do
right if they thought it was wrong.

* * *

A man picks a wife about the same
way an apple picks a farmer.

* * *

One good thing about a one-way
street is that you can get bumped only
in the rear.

* * *

Some people we know would get
fractured skulls if an idea ever hit 'em.

* * *

Patience is a great thing, but it
never helped a rooster lay an egg.

* * *

It don't take long to make you hard-
boiled after you've been in hot water a
few times.

* * *

Instead of tryin' to find so many
new things maybe we'd all be better
off if we tried to understand some of
the old ones.

(Continued from page one)

blindness departs and we receive our spiritual sight to walk in the light, and finally we have LIFE from the dead, as seen in the raising of Lazarus. This takes care of the past and present and future. When we were saved we found peace. For the present, our eyes behold the light to guide us on the way, and in the future we look for the resurrection and the perfect heavenly life. So the first three tell us HOW to be saved, the last three tell us what happens when a man is saved, and between these two groups of three, we have one miracle — the FOURTH, the feeding of the 5,000 to join the two groups together. This middle miracle in exactly the center of the seven, tells that although salvation is by faith in God's Word and by grace, nevertheless it is God's plan and purpose that this salvation shall be administered through human instrumentality, by means of others who are willing to bring the message to them. And so, in the fourth miracle we have HUMAN INSTRUMENTALITY IN SALVATION. First, a lad with his cookies and sardines, and then the disciples who are to bring these broken pieces to the multitude.

“Jesus said unto her (Martha, the sister of Lazarus), I am the resurrection and the life; he that believeth in me, though he were dead, yet shall he live; And whosoever liveth and believeth in me shall never die. Believest thou this? John 11:25-26.



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Alumnae Association, St. Luke's Hospital School of Nursing

1946

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Ellen Stewart, Alternate

THE ALUMNAE
of St. Luke's Hospital School
of Nursing
Box 349
Evanston, Illinois

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The Alumnae



DECEMBER, 1946

Alumnae Associations, St. Luke's Hospital School of Nursing Officers and Members of Board of Directors 1946

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Rita Ashton	Midway 4132	'22	1946
1549 E. 65th Place, Chicago 37			
Alice Sanderson	Webster 2047	'29	1947
1518 S. Michigan Avenue, Chicago 5			
Dorothy Armstrong	Superior 4955	'37	1947
1100 N. Dearborn Street, Chicago 10			

Alumnae Pledge



An Assurance of Loyalty

With understanding of and the belief in the
 aims and purposes of the Alumnae Association of
 St. Luke's Hospital School of Nursing, I do sol-
 emnly affirm, that I will endeavor, by my daily
 life and service, to honor always the profession of
 which I am a member.

THE ALUMNAE

Official Organ of
The Alumnae Ass'n. of St. Luke's Hospital School of Nursing, Chicago, Ill.

Vol. LVI

Evanston, Ill., December, 1946

No. 15

The Forgotten Man of Christmas

Greetings in the Name of the Son of God and the Son of man, the Saviour of the World. This is the traditional season of the year when the world commemorates the birth of a man Who by His coming has divided all history and all mankind into two great camps. All history is dated from this even and we speak of things as having occurred either B. C. or A. D., Before Christ or After Christ. A man whose coming into the world for a brief period of thirty-three years could leave such a result demands our utmost attention. However, if you were to ask one hundred persons, especially children, who the most prominent man is at this season of the year, the great majority would think of a fat, red garbed, bewhiskered mythical man by the name of Santa Claus rather than the meek and lowly Man of Galilee. The majority of men and women will not see Him at all. They lose sight of the very One whose coming the day should emphasize, under a mass and mess of tradition, celebration and debauchery.

In churches where He is honored as the Son of God and in churches where He is dishonored as something less than the Son of God, His praises will be sung by those who love and who adore Him; and by those who have rejected His claims, but for seasonal and sentimental reasons join in the celebration of the event, but not in the worship of the Christ.

Once more let us place the emphasis on the FORGOTTEN MAN and not remember only the world-wide EVENT of His birth. Remember the warning given in Collossians 2:8,

"Beware lest any man spoil you through philosophy and vain deceit after the tradition of men and after the rudiments of the world and not after Christ."

The WISE men worshipped HIM. They did not worship his birthday nor his parents. Let us hold the wise men as examples of

(Continued on page 16)

Announcements

Miss Stella Konecko is to represent St. Luke's Alumnae as a member of the very important First District Committee on Legislation.

Miss Elizabeth Viking has accepted the appointment of reporter, representing the Alumnae Association of St. Luke's Hospital School of Nursing on the magazine "FIRST". She is anxious to have news of St. Luke's nurses who are members of First District.

St. Luke's Hospital Alumnae Association extend a hearty welcome to Miss Marsky as an honorary member of the Alumnae with privileges of the Johnstone Memorial rooms. Miss Marsky has been "one of us" for a long time and we all are very happy that recognition has now been paid to her wonderful work at St. Luke's Hospital. Girls who have worked on her floor will not soon forget the thorough training received there, and no one who has ever been a patient there will soon forget the watchful care given over and above that called for by a professionally "good" nurse.

The November Board Meeting was held at the home of Mrs. Rosellyn Kelly Millis. A buffet supper was first—what a display of wonderful food—even to homemade angel food cake and French Pastry. Rosellyn certainly made good use of the time spent in a cooking lesson course. Her teacher would be proud to exhibit some of the results of her teaching, I am sure. The buffet was held in honor of the outgoing members of the board.

The active dues will be \$11.50 starting with the New Year. Non-resident and Associate Memberships will remain at \$2.50.

IMPORTANT! Be sure to send your changes of address to Mrs. Leona Fitzmaurice, 5749 N. Fairfield Avenue, Chicago 45, Illinois. Send news items to your editor, as usual, but **send them.**

The only sound opinions some people have about world affairs are a lot of noise.—Louis Hirsh.

Thank You!!

Reims, France,
August 21, 1946.

Marshall Field and Company,
Chicago, Ill.

I have just received the package containing three nurses uniforms which you sent me. I do not want to delay in thanking you and that to tell you that I need these uniforms very much.

You are aware of the difficulty in means to replace used clothes. On the other hand, nothing remains of the other clothes which I had bought at the Ambulance Chicurgicale of the Red Cross of which I was a member at the beginning of the war until the German invasion in May, 1940. At the same time and by the same causes, the house which was my home and my refuge in the Ardennes was completely bombed and my family evacuated and dispersed. Nothing remained for me, no home, no clothes, no furniture, no bed-linen. This house was situated in the Ardennes in that region of Givet which has been saved, fortunately, by the courage and valor of your soldiers in a second German invasion in 1944.

There will be also here at Reims in a few days the anniversary of our liberation and the hoped-for arrival of your soldiers.

All this letter, gentlemen, is to thank you again for your generosity and to tell you again the gratitude which we French owe to America, especially my family and I for your intervention in December 1944.

Marie Laboue
Infirmiere
Hospital Civil Maison-Blanche
Reims, Marne, France.

THE LONG SHOT

You tell me if I sleep eight hours
Enjoy fresh air and good digestion,
And exercise my mental powers,
There's little likelihood the question
Of love or, more specifically,
A lack of love can then upset
My spirit's sweet tranquility.
How much, my friend, do you want
to bet?

G. S. Galbraith.

Thank You!!

Brussels, August 14, 1946

Miss Hettie Gooch,
St. Luke's Hospital School of Nursing,
Chicago, Illinois, U. S. A.
Dear Miss Gooch:

I just received your check of \$250.00 that you were so kind to send for some colleagues who are in too difficult a situation to offer themselves a uniform. Your action is a proof of friendship and solidarity that the Belgian nurses greatly appreciate and that they will not forget.

It happens that the National Federation of Belgian Nurses intends to settle a new model of uniform; we are very happy now as, thanks to you, we can help to get it for some of our nurses who met with misfortunes during the war.

As soon as the definite model will be chosen amongst the different designs given and be adopted by the General Council of Nursing, I'll send you a photograph of it. Besides, I expect that every nurse who is going to receive a uniform will have at heart to thank you herself. But, at first, in the name of the National Federation of Belgian Nurses, I want to thank

you very much for your generous gift.
Sincerely yours,
M. Bihet, Chairman

Wedding Bells

Marion Lee Cashen, Lt. Army Nurse Corps, Class of 1944, and Capt. Arthur K. Bolton were married September 13, 1946, at Battle Creek, Mich.

Margaret Florence Gerdes, Class of 1936, and Richard F. Freeman were married July 13, 1946. The Freemans will reside in Blue Island, Ill.

New Citizens

Mr. and Mrs. Clifford Pryde (Joanne Moreland, Class 1931) are the proud parents of a baby girl born August 28. The Prydes have three sons and live in Albuquerque, N. Mex.

Mr. and Mrs. J. P. Bradshaw (Gertrude Seipman, Class 1931) are the proud parents of a baby boy born September 11, 1946, at Davis, Cal.

Dr. and Mrs. Robert B. Halberstadt (Mary Gassner, Class 1938) announce the birth of a daughter, Mary Diane, November 1 at St. Luke's Hospital, Bethlehem, Pa. They reside in Nazareth, Pa.

In Memoriam

St. Luke's Hospital Alumnae Association extend sincerest sympathies to Mrs. Ann J. Laird in the recent death of her mother. Mrs. Laird's mother had been brought to the hospital in Chicago on Ann's return from the Convention at Atlantic City. Ann was thankful to be able to have her mother near during her illness. The cause of death was an inoperable, malignant tumor of the brain, located in the frontal lobe. Mrs. Jones' passing was very quiet, almost imperceptible. Burial was at Monticello, Ill., Sunday, October 13. Our sympathies are extended to Ann's father and the remaining family.

St. Luke's Hospital Alumnae Association extend sincerest sympathies to Mrs. Rae Seville in the death of her

mother in September, at Galesburg, Ill.

St. Luke's Hospital Alumnae Association extend sincerest sympathies to Miss Madeleine McConnell in the recent death of her brother. Miss McConnell's sister has recently been in the hospital for surgery and we understand she is recovering nicely.

St. Luke's Hospital Alumnae Association extend sincerest sympathies to Alice Sanderson and her mother in the death of Alice's father recently. Mr. Sanderson had suffered a "stroke" and developed uremia. Mrs. Sanderson had a hemorrhage from a stomach ulcer and had to spend some time in the hospital also. We are glad she is recovering nicely.

MARCH OF TIME

1895

Harriet Fulmer gave a lovely dinner party on November 24 honoring Ann J. Laird's birthday. The party was held at the Piccadilly on South Michigan Ave. The dinner was delicious, service was very good, the party was complete even to a candle on the individual piece of cake served for desert. Everyone made a birthday wish for Mrs. Laird before blowing out the candles. If all those wishes come true, I am sure Mrs. Laird will be one of the happiest people alive this coming year. Oh, yes, we even sang "Happy Birthday."

1918

Bessie Craig Behr's daughter Lenore graduated from Mundelein College in June of this year and was married a couple of weeks later to Mr. George Torp. Mrs. Behr is also celebrating the recent return of her son Ted from service.

1919

Leona Brall Fitzmaurice spent a very busy but happy two week with 16 children from the Chicago Heart Clinic at camp at the Bowen Country Club in Waukegan, Illinois. They ranged in ages from 7 to 12 year. Mrs. Fitzmaurice went as camp nurse. Said she lost weight the first week and didn't see how she could stand the grind another week—but became accustomed to the work and thoroughly enjoyed the second week—hiking, swimming, etc. with no mishaps. Incidentally, Mrs. Fitzmaurice combed 11 heads of hair every morning. The second two weeks of her vacation were spent in the North Woods with her son and husband and enjoyed some good fishing.

1920

Madge Boyington, who broke her leg last Summer, is mending very nicely. She gets around now with the use of crutches. It was nice that she could come out to the Board Meeting given at Mrs. Millis' home.

1931

Our Alumnae President, Mrs. Ann J. Laird attended the State Convention at Springfield, Ill. from October 31 to November 3. Mrs. Laird gave the luncheon talk on the 2nd of November.

1932

Capt. Elizabeth Breiting writes from Camp Campbell, Ky.: "Am settled in the Army again—in fact, I was never really out. My discharge would have been final at midnight September 23 but at noon that same day I was sworn in again for continued active service. This is a very nice post and will be even better when all the plans are completed. I'm in charge of surgery, central supply and am assistant chief nurse—so my duties are many and varied—interesting and fun."

1934

Nina Callahan Skorcz writes from Arcata, Cal.: "My husband is Bur. Aer. Representative at this station where they are experimenting with fog dispersal. I drove all the way across country this Summer from Washington, D. C. to California with my Nancy, who will be 6 in October. We had a grand trip and stopped at Carlsbad Caverns in New Mexico. They are wonderful. Make you feel like you are in fairyland. My best to all St. Luke's people. I do enjoy the Alumnae, but why not more from 1934?"

KISS OF DEATH

King Louis XV of France, while riding through the countryside, passed a field in which a farmer's little girl was leaning on a hoe. The old man stopped the carriage and pinched the

girl's cheek affectionately. The child appeared stupid and made no response, so he kissed her and rode on.

In reality, the little girl's stupidity was the languor of smallpox. Louis contracted the disease from her and died soon afterwards.

Problems in Personnel Policies

Address given by Mrs. Ann Lucille Laird—Annual Convention of Illinois State Nurses' Association and State League of Nursing Education, Springfield, Illinois, November 2, 1946.

Each employee in an organization has a part in the educational, scientific, and service aspects of the institution in which she works. The program of employer-employee relationships can be best carried out with harmonious relations and with an objective of developing a concept of employment policies and principles that meet with mutual approval of all concerned.

The factors to be considered are the number of hours of work, the work load, vacation privileges, leaves of absence, sick leave, care during illness, living conditions, disability and death benefits, retirement plan, negotiation procedures, rates of compensation, promotional and educational opportunities, staff education programs, development of a long range program on the improvement of general policies.

How can we make staff nursing in our hospitals more attractive to qualified nurses? We will consider the factors just named separately and attempt to reach a conclusion as to what we expect of hospital administration and what they can rightfully expect of us. The platform for the American Nurses' Association adopted by the American Nurses' Association House of Delegates on September 27, 1946 had as its first point the improvement in hours and living conditions for nurses, so that they may live a normal personal and professional life, specifically action toward:

- (a) wider acceptance of the 40-hour week with no decrease in salary, thus apply to our post-war conditions the principle of the 8-hour day adopted by the American Nurses' Association in 1934.
- (b) minimum salaries adequate to attract and hold nurses of quality and to enable them to maintain standards of living comparable with other professions.

In the American Journal of Nursing, September 1946, it was stated that nursing history was made in California when the California State Nurses' Association in July signed contracts

with a number of hospitals covering salary and employment conditions for staff and supervisory nurses. A 44-hour work week was to have been instituted in these hospitals on October 1, 1946 and a 40-hour work week on January 1, 1947 with no reduction in salary. Personnel practices implemented by the contracts are in line with California State Nurses' Association standards as formulated by the State Institutional Staff Nurses' Section. The California State Nurses' Association Board of Directors in July published a resolution calling for implementation of the 40-hour, five day week to progressively be placed into effect by January 1, 1947 for nurses throughout the State of California. The Connecticut Hospital Association and the Connecticut State Nurses' Association have approved recommended personnel policies for general staff nurses. They advise that hospitals work toward a 40-hour week as soon as possible. A 40-hour, 5-day week is rapidly becoming established in Seattle, Washington hospitals. In instances where nurses are asked to work the sixth day they are paid overtime on the basis of time and a half. The Department of Hospitals, City of New York were to have established a 40-hour, 5-day week on November 1, 1946. It seems reasonable for us to expect and to look forward to the establishment of a 40-hour week, straight 8 hours of duty in a 5-day week for registered nurses in Illinois.

Our work load needs to be decreased as individual nurses feel unable to do a good job today because of their increased duties. Many nurses who are now working part time will find it possible to work full time in a 40-hour week, thus more nurses will actually be available for full time employment. More nurses will remain in the nursing profession if the 40-hour week program is instituted. In the meantime until an adequate number of nurses are available they can be paid overtime on the basis of time and a half on the sixth day.

A minimum basic salary for nurses should be stated with consideration given to the prevailing rates locally. In areas where living costs are higher because of the prevailing rates of other groups the nurses' salaries will need to be determined accordingly. This applies to the nurses living in large cities and industrial centers. It is difficult to state what the minimum salary should be, but from studies and comparisons made it would seem reasonable to set the minimum salary for staff nurses at or near \$20.00 per month.

Vacation privileges may be decreased in some hospitals that now give a month's vacation when and if the 40-hour week is established. Figuring that a given hospital now gives 28 days vacation a year and would decrease that allowance to 14 days the nurse would still receive 36 more days off a year than she now receives. With an extra day off for 50 weeks we arrive at the total of 50 days. From this subtract 14 days vacation and you will arrive at the figure 36. However, it is an accepted fact that nurses are in need of not less than a month's vacation. The number of legal holidays allowed averages 6-8. The nurse should have the privilege of time and a half pay if she does not wish to have time off for any or all holidays.

Leaves of absence without pay for reasons other than disability should be granted when in the judgment of the administration the request is reasonable. Time with pay should be given to attend institutes, work shops, meetings, etc.

Educational standards and resources can be maintained and developed when nurses keep abreast of the rapid advance in education. Staff education programs to prepare nurses for advancement should be conducted. Opportunities for scholarships to colleges and universities made available to nurses will also stimulate them and prepare them for advancement. Promotional opportunities in an organization should be manifold and an attempt made to do something about the tenure of any nurse who satisfactorily fills her position as it will enhance the human value of the individual. A nurse doing the kind and

type of work to which she is best fitted for and satisfied in, will give more efficient service. Each individual must have moderate freedom in assisting with a ward program providing the objective of the service to be given is achieved. Living arrangements need to be adequate including the option of living away from the hospital.

When a nurse is employed it is the responsibility of the administration to explicitly state the employment conditions of the institution. The orientation of the nurse to her job, to the hospital and its philosophy and principles, to the members of the nursing staff, and to the development of a sincere interest in the job to be done is of great importance to the nurse and to her co-workers and contemporaries. The personnel policies and practices should be written and a copy of them given to the nurse when she is employed. In addition she is to be provided with a hospital manual and a ward procedure book.

It is essential that the administration and staff work together to decide personnel policies. Point 3 in the American Nurses' Association platform stated "Increased participation by nurses in the actual planning and in the administration of nursing service in hospitals and other types of employment".

Under point 4 of the American Nurses' Association platform the economic security program referred by the American Nurses' Association Advisory Council, September 22, 1946 to the American Nurses' Association House of Delegates follows: "The American Nurses' Association believes that the several state and district nurses' associations are qualified to act and should act as exclusive agents of their respective memberships in the important fields of economic security and collective bargaining. The Association commends the excellent progress already made and urges all state and district nurses' associations to push such a program vigorously and expeditiously. Since it is the established policy of other groups, including unions, to permit membership in only one collective bargaining group, the Association believes such a policy to be sound for the state and district nurses' associations". It is my per-

sonal hope and wish that our State Nurses' Association will approve and hire a full time paid nurse collective bargaining representative to act as exclusive spokesman for nurses in all questions effecting their employment and economic security. It is understood that the nurse representative would act under the direction of a committee and the elected Board of Directors of the State Association. The negotiator would act in the best interests of the nurse, the hospital, the patient and the community.

Never forget that we must produce and give before we can receive. As stated before we always must give consideration to what the hospital and community can rightfully expect of us. Our first concern is to give optimal nursing care for all, and to further a positive health program in all communities as stated in point 2 of the American Nurses' Association platform at the 1946 Biennial Convention. Time limits any expansion or detailed discussion of the above policies and it has been my desire to give an overall picture of our aims and objectives to be reached in employment standards.

We wish to have economic security not only for today, but tomorrow. How shall we obtain it? What resources are now available to us? What are the prospects for more? There are many kinds of retirement plans in operation in the various hospitals and educational institutions and benefits received from participation in them vary according to what the plan is to provide and how it is organized. I shall discuss a plan with which I am familiar. Its provisions may be more or less generous than one contemplated for your organization, but it will present a framework for building one best suited for your needs. You may have an opportunity to advise and assist in the creation and organization of a retirement plan in your institution and it is well that you an understanding of the purpose, participation, benefits, and administration of retirement plans, by studying the benefits of plans already in existence in institutions which may be similar to your own.

The purpose of a retirement plan is to establish a sound and efficient means of providing retirement annuities and other benefits for employees of an organization. Good personnel practices demand that staff members be given the opportunity to accumulate reserves for themselves and their dependents in case of old age, disability, death and termination of employment, thereby effecting economy and efficiency by providing an orderly method of retiring without hardships or prejudices.

Participation may be required of every person who is a continuous and permanent employee on the institution's educational, administrative, secretarial, clerical, mechanical, labor or other staff or a stipulation may be made where participation is elected by employees under a stated age limit. When the age limit is reached the staff member is required to participate in the system. The age limit for required participation is usually from 25 to 30 years of age. A person on leave of absence continues to participate fully in the benefits of the system but may or may not be required to make contribution during a period of leave without pay. A period of leave of absence counts as service in the computation of a Retirement Annuity.

Each participating employee makes a normal contribution of a percentage of earnings received. Subject to certain condition and limitations, additional contributions may be made. Employer contributions are made to an amount required to pay benefits and expenses during each fiscal period, and to accumulate a reserve equal to the estimated amount of one year's annuities, contributions, benefits and expenses. It is not intended or expected that a large reserve be established, but only those reserves which result from following actuarial tables.

Disability benefits are payable to a participating employee for mental or physical disability arising from any cause as a result of which the individual is unable to perform the duties of his position. Benefits begin after a stated period of absence after the beginning of the disability, providing an

application for benefits has been filed and provided the employee is not then receiving any salary from his employer in time due for vacation or sick leave. The period of absence before benefits begin is stated in the plan and it may be 30, 60 or 90 days period according to the agreement in the system. It is important that a claim be filed at the proper time. The benefits amount to 50 per cent of earnings at the time disability occurred and continues during disability until the total amount paid equals 50 per cent of the total earnings during the period of service of the individual. Most systems provide for a percentage of earnings rather than a fixed amount in weekly or monthly payments. During the period of disability, amount equal to the employee's normal contributions are credited to the employee's account. Should the employee become eligible during the period of disability for retirement annuity payments, such a retirement annuity is provided in place of his disability benefits.

In the case of death, the total amount of accumulated Employee contributions will be paid to the beneficiary. If the beneficiary is not dependent upon the employee only the accumulated employee contributions are paid. An established minimum and maximum is stated in some plans. If the beneficiary is dependent upon the employee, at the time of death, an additional death benefit will be paid in an amount sufficient to bring the total benefit to approximately one year's salary. When an additional benefit is payable the total amount of the death benefit will not be less than \$2,000, nor more than a stated amount, as for instance \$5,000. The participant may designate that the death benefit shall be paid as either a single cash sum, a life annuity, or a part in cash at the time of death and the balance as a life annuity. If the participant makes no designation or designates that the benefit shall be paid in one sum the beneficiary may elect to receive part or all of the proceeds as a life annuity.

Annuities upon retirement vary in privileges received and for clarification it will be necessary here to state to you today. May God bless you all.

the benefits from one accepted system as an example. With approval by the Directors of the Plan, an employee may retire between the ages of 55 and 60. Between the ages of 60 and 68 an employee may retire as a matter of right. On the beginning of a fiscal year after becoming 68 he is required to retire, unless he requests a deferment of his retirement and such deferment is approved by his employer. The amount of the retirement annuity depends upon his earnings, date of employment, date of participation, length of service and age at the time of retirement. Retirement annuities are payable for life.

Any participant whose employment is terminated other than by death or retirement may withdraw his accumulated contributions (including interest) in the form of a separation benefit. Upon the acceptance of a separation benefit the participant forever forfeits credit for all prior service. Contributions may be left with the system and if an employee returns to the service at a later date the benefits as of the time of his resignation will be reinstated, including credit for past service.

A faculty or staff member will have a greater peace of mind and a feeling of security for the future if she knows that her employer has made provisions for adequate financial assistance to her during a long illness or a substantial allowance for her when she reaches the age of retirement.

Perhaps more than at any time in history we need to work diligently together for the one best way in good living. To have work well done entails the efforts of many and the loyal support of the group. Our democratic system must not falter. One of education's primary tasks is to teach us self-discipline and social controls to resolve our differences rationally and peacefully. It is my sincere belief that our democratic way of life will continue if we concern ourselves with solving the problems of the future by drawing upon the benefits and gains of the past, conquering today's uncertainties and having faith in tomorrow's security.

It has been an honor and privilege to have had this opportunity to speak. Thank you.

ANNUAL REPORTS OF ALUMNAE ASSOCIATION ST. LUKE'S HOSPITAL SCHOOL OF NURSING

November 1, 1945 to October 31, 1946

President

Meetings — From November 1, 1945 to October 31, 1946, there were seven regular meetings, eleven regular and two special meetings of the Board of Directors, and two special meetings of the executive committee of the Board of Directors. The alumnae banquet was resumed in May, 1946.

Membership — Total membership as of October 31 916
Active members 355
Associate and non-resident 561

Programs — The programs included a book review, a talk on the Production Corps of the American Red Cross, a talk on the Work and Organization of the St. Luke's Hospital School of Nursing Library, a musicale by the student nurses, a round table discussion of experiences of nurses in the Army Nurse Corps, a talk on the work of the industrial nurses, and a comprehensive report on the proceedings and action taken at the biennial convention.

Endowed Rooms — The Margaret Edith Johnstone Memorial rooms have been occupied continuously by nurses and outside patients.

Journal — Five copies of the Alumnae Journal were published.

New Appointments — Madge Boyington was appointed as the Private Duty Committee chairman to fill the only vacancy created on the Board of Directors by Nelle McClintock.

Special Committees — Special committees were very active.

(1) *History of St. Luke's Hospital School of Nursing Committee*, Miss Ellen Stewart, chairman. A history of St. Luke's Hospital School of Nursing was written by Miss Marie Merrill. The publisher is Mr. Paul Wilson. 591 regular editions and 90

deluxe editions were sold by the end of the fiscal year. Due to unforeseen labor conditions the delivery of the book has been delayed.

(2) *Publicity of the History of St. Luke's Hospital School of Nursing Committee*, Mrs. Rosellyn Millis, chairman. Through continuous publicity of our history book this committee has been extremely active with special credit going to the efficient chairman who has spared no time or effort in good and able service.

(3) *Historical Collection Committee*, Miss Harriet Fulmer, chairman. This committee has continued to be active in collecting and storing souvenirs and data pertaining to the history of our School of Nursing.

(4) *Year Book Committee*, Mrs. Rosellyn Millis, chairman. The Year Book was distributed to alumnae members in January, 1946, and is given to each new member who joins the Alumnae. It is our hope that a Year Book will be assembled and published every five years.

Biennial and State Meetings — Miss Eleanor Holmes represented the Alumnae Association at the Biennial Convention of the National Nursing Organizations in Atlantic City in September, 1946. Mrs. Ann Lucille Laird was delegate to the state convention in Springfield, Illinois.

Contributions — The fifth and last pledge of \$1000.00 is yet to be paid by the alumnae to the building fund for the Schweppe Nurses Home; \$200.00 was given to the First District for the Week of Free Care Fund for the Naperville Nurses Cottage; \$1000.00 was contributed to European nurses in war areas in answer to an urgent request from the American Nurses Association through the International Council of Nurses; \$25.00 was given toward a senior student nurse scholarship for

the student with the highest scholastic standing; \$25.00 for membership in the Central Council for Nursing Education; contributions were made to St. Luke's Hospital in memory of graduate nurses who had died during the year.

Miss Eliza Maske was made an honorary member of the alumnae association with membership and privileges in the endowed rooms.

Sixteen copies of the History of St. Luke's Hospital School of Nursing are to be given as gifts.

Progress — A legal representative was secured for the Alumnae.

Private-duty nurses salaries were increased to \$8.00 per 8-hour day.

Printed programs of the regular meetings for a year were sent to Chicago and suburban members.

New radios for the Margaret Edith Johnstone endowed rooms were purchased.

Request for an Alumnae representative on the Nursing Council of St. Luke's Hospital School of Nursing was submitted to the Council.

Our objectives have been for an increased membership in our Alumnae, unity of purpose by the members, assistance in the recruitment of students in our School of Nursing, publicity, benefits for members and others, and to emanate a feeling of good relationship among our group and our contemporaries. We have partially reached these aims and goals. To completely reach them entails the efforts of all. Is there any reason why we cannot increase our membership two-fold by stimulating our own graduate nurses to join their Alumnae and to receive the benefits of our educational programs, to have the joy of mingling with the members of our Association at regular meetings and to have the pleasure to say that they belong to an organization which promotes the welfare of the community? We are citizens first and foremost and our special interests lie in the health of our fellow workers. We cannot stress too much the privileges we have in the opportunities that lie before us.

These past two years have been profitable ones for me as it has been

an honor to have served as your president, and it is with reluctance that I turn the reins over. It has been my fortune to have had a most efficient and cooperative elected Board of Directors to assist me in the solving of the many problems that have confronted us. Differences of opinion have been solved rationally and peacefully.

There is work yet to be done, as there always is in an active organization, and I am happy to know that our newly elected leader will carry on as I hand the authority and responsibility of this position to her. Again, I thank you for your trust, confidence and loyal support.

I will continue to serve you in a lesser capacity.

Respectfully submitted,
Ann Lucille Laird
President

Secretary

During the year 1946, the secretary has kept the minutes of seven regular meetings, eleven meetings of the Board of Directors and two special meetings of the Board; made out vouchers for the payment of all bills and written letters as directed by the Board of Directors. Announcements were sent out to Chicago and Suburban members for all regular meetings.

Rosellyn K. Millis,
Secretary

Relief Committee

During the past year, 53 nurses have used the Edith Johnstone Memorial Rooms totaling 656 hospital days or \$6,805.73 of care. Thirty-nine dollars were paid into the Treasury for thirteen days over time. Four sick benefits were paid. Many letters were received from nurse sexpressing their thankfulness for the rooms. We owe a great deal to the pioneers in our Alumnae for being so far sighted. Some not only expressed their gratitude in words but in gifts; either money to be used for some nurse in need or something for the rooms. During the past year all three rooms and bath were redecorated. Two new

radios were purchased so now there is one for each room. The following nurses were lost in death:

Laura Whitcomb — Class of 1901.
Ione Kellogg Schwartz — Class of 1927.

Julia Milligan Wilson — Class of 1897.

Dorothy Souter.

Augusta Plath — Class of 1939.

I have immensely enjoyed working with the Board and for the Alumnae members. Many thanks to my Committee for their help.

Bonnie Versteeg,
Chairman.

Public Health Committee

During the past year, your Public Health Nursing Committee endeavored to keep the Alumnae members informed of the movements in the field of Public Health and asked that the members promote public health work in the communities in which they were living. Your chairman attended the meetings of the Public Health Section of the First District in which representatives of all the public health agencies participate. Your chairman also attended the meetings of the Public Health Nursing Section of the State Nurses Association in Springfield.

This year "Know Your Public Health Nurse" Week was held instead of the one day of last year. This week called attention to the work of the public health nurse and was observed on a national basis. Our committee participated by sending pamphlets donated by the Metropolitan Life Insurance Company which set forth the work of the public health nurse in pictures which were taken from a movie under the title: "Know Your Public Health Nurse." Your chairman spoke over the radio through the courtesy of Elizabeth Hart on this subject. The outstanding event in public health for this community is the Survey which has been made by the U. S. Public Health Service of all the health agencies in Chicago and Cook County. When the recommendations following this survey are made, the members of the Alumnae Association, as citizens interested in the welfare of their communities, should do all in their power

to help bring about the necessary changes.

Harriet Fulmer
Hilda B. Ellis
Hettie Gooch, Chairman.

Membership Committee

Total members admitted as of now for 1946:

Active	31
Tentative Active	8
Active Re-Instatements	7
Associate	7
Associate Re-Instatements	3
Non-Resident	35
Non-Resident Re-Instatements	14

135

Stella Konecko
Sally Zeeman
Bernadine Ruggie,
Chairman

Industrial Committee

The Industrial Committee sponsored the September Alumnae meeting when Miss Joan Y. Ziano, Industrial Nurse Consultant for the State Department of Health, spoke on the subject: "Progress and Trends of Industrial Nursing." We invited the Industrial Nurse Section of First District to be our guests and a large number accepted. A suggestion was made during the year that the classification "Industrial Nursing" be added to the question "Type of Nursing in which engaged" on the cards we fill out and send to the treasurer in January with our dues. Next year, therefore, we should know how many members of the Alumnae Association are employed in industry.

Eve Morkill, Chairman

Program Committee

Seven programs were arranged for the Alumnae meetings during the past year, namely:

January 2, 1946 — Mrs. Edward L. Ryerson, past production chairman, Chicago Chapter, American Red Cross, spoke on the work and activities of the organization. Refreshments and a social hour followed

February 5, 1946 — Miss Marion

White, Schweppe House librarian, gave a very interesting and enlightening lecture on the organization and work of the student library. Refreshments and social hour followed.

March 3, 1946 — The student choral group, under the direction of Harry Walsh of WGN, presented a most enjoyable musical program. Refreshments and a social hour followed.

April 2, 1946 — This program was arranged by Edith Gustafson of the private duty committee. The following nurses, recently discharged from the A.N.C., took part in an informal discussion about their varied experiences while in service: Katherine Portz, Adeline Kronke, Betty Bradford, Gladys Stoner, Dorothy Willetts and Annette Van Gorder. Refreshments and a social hour followed.

May — No meeting was held during the month of May. On May 25 our Spring Banquet was held at the Crystal Ballroom of the Blackstone Hotel. 283 nurses attended. Guests of honor were the classes of 1920 and 1921 and those who had graduated prior to 1896.

September 3, 1946 — This program was arranged by Eve Morkill of the Industrial Nurses section. Guest speaker was Miss Joan Ziano, Industrial Nurse Consultant, Div. Industrial Hygiene, Illinois Department of Public Health. Her topic was "Progress and Trends in Industrial Nursing." The Industrial Nurses Section of the First District I.S.N.A. were invited to be our guests at this meeting. Refreshments and a social hour followed.

October 1, 1946 — Miss Eleanor Holmes, our delegate to the Biennial Convention at Atlantic City, presented an interesting and conclusive report on the Convention. Refreshments and social hour followed.

November 5, 1946 — Our guest speaker was Dr. Sara Janson, first woman to graduate from Rush Medical School. She gave a most interesting talk on her personal and professional experiences. Refreshments and a social hour followed.

Leone B. Vetren, Chairman

Press and Publication Committee

No meetings were held during the year.

Five editions of The Alumnae have been printed and distributed. The December Journal is in the hands of the printer now. I wish to give special thanks to Mrs. Leona Fitzmaurice for the big job of taking care of the changes of addresses; and to thank all of the members of the Alumnae Association for their cooperation in keeping the Journal an interesting book during 1946. May we have your continued and renewed cooperation and interest in 1947 to make the Journal the best publication St. Luke's Alumnae has yet had!

Madalaine H. Hopkins, Chairman

Nominating Committee

The Nominating Committee presented the following ballot to the Association. It was approved and ballots mailed to each member.

President — Myrtle Anderson, '31.

Second Vice-Pres. — Nora Gaulke, '45; Rutham Osborne, '43.

Treasurer — Edna Travers, '26

Relief Chairman — Marie Steinke, '37; Elizabeth Vickery, '45.

Program Chairman — Dorothy Godin, '45; Leone Vetren, '39.

Nominating Chairman — Eleanor Holmes, '41; Sarah Zeeman, '45.

Public Health Chairman — Betsy R. Armstrong, '43; Hettie Gooch, '08.

Industrial Chairman — Eve Morkill, '14.

Members-at-large — Rita Ashton, '22, Stella Konecko, '41, Bonnie Versteeg, '30, Emma Werner, '19.

Eleanor P. Holmes, Chairman

Report of Tellers

Ballots mailed	916
Ballots returned	375
Invalid ballots	47
Correctly market ballots.....	328
President	
Myrtle Anderson	328

Second Vice President	
Nora Gaulke	114
Ruthann Osborne	214
Treasurer	
Edna M. Travers	328
Public Health Chairman	
Betsy R. Armstrong	136
Hettie Gooch	192
Industrial Chairman	
Eve Morkill	328
Nominating Chairman	
Eleanor Holmes	261
Sarah Zeeman	67
Relief Chairman	
Marie Steinke	215
Elizabeth Vickery	113
Program Chairman	
Dorothy Godin	136
Leone Vetran	192
Members at Large	
Rita Ashton	139
Stella Konecko	176

Bonnie Versteeg	207
Emma Werner	135
Alice Sanderson, Chairman	

Scholarship and Loan Committee

There were no meetings of the committee this year as there were no applications for consideration All outstanding loans are paid in full.
Dorothy Armstrong, Chairman

Revisions Committee

The Revisions Committee held one meeting during the year 1946. There were no changes made to the By-Laws.
Myrtle F. Anderson, Chairman
Lucille Schenck
Elsa Rudolph

Finance Committee for Fiscal Year 1946

A budget was made up for approximate income of dues and estimated expenditures which did not include any income from savings, investments nor the expenditure of any special funds set aside for specific purposes. This

was approved by the Board of Directors and the Alumnae Association. The chairman of the Committee has reported monthly on the income from dues and disbursements of committees and yearly standing obligations of routine expenditures. The following is an approximate report on committees' expenditures taken from the treasurer's monthly reports:

Revision of By-Laws Committee.....	\$ 5.00	\$ 5.00	\$ 0.00
Finance Committee	2.00	.00	2.00
Press and Publicity Committee.....	1,000.00	766.31	233.69
Nominating Committee	2.00	.00	2.00
Program Committee	775.00	981.26	—206.26
Relief Committee	10.00	.00	10.00
Membership Committee	2.00	8.74	—6.74
P. D. Committee	2.00	.00	2.00
P. H. Committee	2.00	18.41	—16.41
Industrial Committee	2.00	2.70	— .70
Officers	100.00	62.90	37.10

Mary Everett, Chairman

Historial Souvenir Collecting Committee

This Committee is very grateful for the interest manifested by our members in this committee. We are trying to find a volunteer who is familiar with indexing. When the material is indexed, it will make quite a showing.

We have four shelves in the school library so the students have access to the collection. We would like the graduates of 1920 to 1935 to find something of interest. We have offered \$5.00 to any student nurse who will write an acceptable story of the value of an Historical Collection

Harriet Fulmer, Chairman

Publicity Committee

597 regular copies and 90 deluxe editions of the new History of St. Luke's Hospital School of Nursing have been sold to date. The total income from the sale of these books is \$2,113.37. Sixteen gift copies are to be given out to persons designated by the History of Nursing Committee. Total expenses to date for the publishing of this book amount to \$953.01. Of this amount \$267.12 has been used for publicity. 2,267 pamphlets were mailed out to all graduates of St. Luke's Hos-

pital, doctors, Board of Trustees and the Woman's Board of St. Luke's Hospital in June. A follow-up card was mailed out in September to all graduates who had not purchased a book. The number totaled 1575. Due to the delay in the publishing of the book, 600 penny post cards were sent to the purchasers of the book stating there would be a delay in the publishing of same. Pamphlets soon are to be mailed to all schools of nursing in the United States.

Rosellyn K. Millis, R.N.
Publicity Chairman

STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS FOR THE YEAR ENDED OCTOBER 31, 1946 TREASURER'S ACCOUNT

BALANCE, OCTOBER 31, 1945.....			\$ 1,291.55
Receipts:			
Dues and reinstatements.....	\$4,776.78		
Less: Refunds	11.75		
		\$4,765.03	
Sales of History of Nursing.....		2,010.12	
Transferred from savings account.....		6,820.00	
			13,595.15
			<u>\$14,886.70</u>
Disbursements:			
Dues — First District Illinois State Nurses Association		\$2,348.25	
Journals — Alumnae		584.99	
Sick benefits		250.00	
Week of free care fund.....		200.00	
Printing, stationery, supplies, etc.....		203.71	
Postage		82.87	
History of Nursing expense.....		781.41	
Year book expense		600.65	
Educational program expense.....		83.30	
Foreign Nurse relief		874.50	
Alumnae banquet expense.....	\$ 893.86		
Less: Receipts from banquet.....	86.00		
		807.86	
Convention expense		150.00	
Central Council Nursing Education Membership		25.00	
Award — St. Luke's Hospital Student.....		25.00	
Building fund for new nurses' residence.....	\$ 35.00		
Less: Donation	3.00		
		32.00	
Audit fee		25.00	
Bank charges and bad checks.....		26.56	
Hospital expenses paid for nurses —			
Room	\$ 42.00		
Laboratory fees	9.50		
Transfusion	21.00		

	\$ 72.50	
Less: Reimbursement for transfusion.	21.00	
		51.50
Safety Deposit rental		6.00
Surety bond		5.00
Lettering of names on plaque.....		70.00
Miscellaneous		25.49
		<u>7,259.09</u>
BALANCE, OCTOBER 31, 1946.....		<u>\$ 7,627.61</u>

**STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS
FOR THE YEAR ENDED OCTOBER 31, 1946
SAVINGS ACCOUNT — CUSTODIAN ACCOUNT**

BALANCE, OCTOBER 31, 1945.....		\$10,450.30
Receipts:		
Pledges to endowed rooms fund.....	\$ 886.50	
Interest on bank balances.....	119.98	
Repayment of loan — Emily Faucett.....	276.23	
Income from investments —		
Canadian National Railway	\$ 50.00	
Commonwealth of Australia	50.00	
New York Central Railroad Company.....	50.00	
New York, New Haven and Hartford Railroad Company	108.55	
United States War bonds.....	325.00	
	<u>583.55</u>	
Principal payments —		
New York, New Haven and Hartford Railroad Company	71.50	
Miscellaneous	39.00	
	<u>1,976.76</u>	
		<u>\$12,427.06</u>
Disbursements:		
Custodian fees	\$ 10.00	
Shipping charges on securities42	
Transfers to treasurer's account.....	6,820.00	
	<u>6,830.42</u>	
BALANCE, OCTOBER 31, 1946.....		<u>\$ 5,596.64</u>
The above balance is made up as follows:		
On deposit at Continental Illinois National Bank and Trust Company of Chicago — Savings Account No. 195964.....		<u>\$ 5,596.64</u>

**LIST OF SECURITIES
October 31, 1946**

**HELD BY CONTINENTAL ILLINOIS NATIONAL BANK
AND TRUST COMPANY, as Custodian:**

Mortgage and Real Estate Corporation, cumulative income notes, 5%, dated January 1, 1936, due January 1, 1953, \$2,000 par, less 75% paid on principal (received in exchange for Chicago Title and Trust Company mortgage bonds)	\$ 500.00
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Commonwealth of Australia, external loan, gold bond, 5% dated September 1, 1927, due September 1, 1957	1,000.00
Chicago City Railway Company, first mortgage gold bond, certificate of deposit, 5%, dated July 1, 1907, due February 1, 1927, 15% paid	850.00
New York Central Railroad Company, refunding and improvement mortgage, series "C," 5%, dated October 21, 1921, due October 21, 2103	1,000.00
	<u>\$ 3,350.00</u>

**THE FOLLOWING SECURITIES ARE HELD IN
SAFETY DEPOSIT BOX:**

United States Defense bonds, series "G" numbers M541212G, M541213G, M541214G, M541215G, M541216G, \$1,000 each, due March, 1954	5,000.00
United States War bonds, series "G", numbers M3875130G, M3875131G, M3875132G, \$1,000 each, due July 1957	3,000.00
United States War Bonds, series "G", numbers M2283598G, M2283599G, M2283600G, M2283601G, M2283602G, \$1,000 each, due January, 1956	5,000.00
	<u>\$16,350.00</u>

**SECURITIES HELD BY CONTINENTAL ILLINOIS NATIONAL
BANK AND TRUST COMPANY OF CHICAGO**

October 31, 1946

HELD FOR ACCOUNT OF ENDOWED ROOM

Par Value

Cleveland Realty Corporation, 30 shares of capital stock, no par value, received in exchange for Foreman Trust and Savings Bank, as Trustee, first mortgage participating	\$3,000.00
Less: Liquidating dividends, 1938-41	990.00
	<u>\$2,010.00</u>
Canadian National Railway Company, guaranteed gold bonds 5%, dated October 1, 1929, due October, 1969	1,000.00
New York, New Haven and Hartford Railroad Company, secured gold bond, 6%, dated April 1, 1925, due April 1, 1940, in default, both principal and interest	\$1,000.00
Less: Principal payments, 1945 and 1946	149.00
	<u>851.00</u>
	<u>\$ 3,861.00</u>

THE FORGOTTEN MAN OF CHRISTMAS

(Continued from page 1)

conduct at this another Christmas Season and truly celebrate in joyful and thankful spiritual adoration the One Whose birthday is recognized all over the world, renew faith with Him and, while we are giving and receiving gifts, remember not to forget to give generously and loving to Him. Listen:

"And when they saw the star they rejoiced with exceeding joy, and when they were come into the house . . . they fell down and worshipped HIM . . . and they presented HIM gifts, gold, frankincense and myrrh."

CHAIRMAN AND COMMITTEE MEMBERS

Alumnae Association, St. Luke's Hospital School of Nursing
1946

REVISIONS COMMITTEE

Myrtle Anderson, Chairman
Elsa Rudolph
Lucille Shenck

FINANCE COMMITTEE

Mary Everett, Chairman
Helen McNab
Rita Ashton
Lucille Shenck
Rosemary Scott
Mrs. Edna Travers

NOMINATING COMMITTEE

Eleanor Holmes, Chairman
Elizabeth Vickery
Helen Coldberg

MEMBERSHIP COMMITTEE

Mrs. Bernadine Ruggie, Chairman
Stella Konecko
Sarah Zeeman

PROGRAM COMMITTEE

Mrs. Leona Vetren, Chairman
Alice Sanderson
Rita Ashton
Edith Gustafson

PRESS AND PUBLICATION COMMITTEE

Mrs. Madlaine Hopkins, Chairman
Mrs. Leone Fitzmaurice
Hettie Gooch
Maud Gooch
Ida Gindele
Pearl Wittmack

RELIEF COMMITTEE

Mrs. Bonnie Versteeg, Chairman
Pearl Wittmack, Sub Chairman
Helen Rutherford, Night Chairman
Alice Sanderson
Frances Geddo

PRIVATE DUTY COMMITTEE

Madge Boyington, Chairman
Edith Gustafson, Vice Chairman
Mrs. Leona Vetren, Sec'y.

PUBLIC HEALTH COMMITTEE

Hettie Gooch, Chairman
Harriet Fulmer
Mrs. Hilda Schulze

INDUSTRIAL COMMITTEE

Eve Morkill, Chairman
Anne Smeltzer
Elsie Krueger

STANDING COMMITTEES—CHAIRMEN AND MEMBERS

SCHOLARSHIP AND LOAN COMMITTEE

Dorothy Armstrong, Chairman
Lulu Bostwick
Nancy Allen
Irene Stolp

HISTORY OF NURSING COMMITTEE

Ellen Stewart, Chairman
Ann J. Laird, ex-officio
Henriette Froehlke
Hettie Gooch
Madeleine McConnell
Irene Stolp
Harriet Fulmer
Resellyn K. Millis
Marie D. Cuthbertson

HISTORICAL SOUVENIR COLLECTION COMMITTEE

Harriet Fulmer, Chairman
Nell Beeby
Ellen Stewart
May Collins
Allison Myers, Rep. Student Group
Marion Pierce, Hosp. Rep.
Ann J. Laird, ex-officio
Margaret Boderson, Rep. Student Group

CENTRAL COUNCIL FOR NURSING COMMITTEE

Mrs. Ann J. Laird, Representative
Ellen Stewart, Alternate

THE ALUMNAE
of St. Luke's Hospital School
of Nursing

Box 349
Evanston, Illinois

Entered as Second Class Matter at
the Post Office at Evanston, Illinois

Mrs. Roselllyn K. Millis,
1642 E. 56th St.,
Chicago, Ill.



